





Lady Jekyll's Kitchen Essays is making a re-appearance in 1969, some 47 years after it was first published. This apparently retrograde step may astonish, but it is true to say that no one has written about cookery and entertaining with more wit and elegance. Lady Jekyll provides us with a delicious glimpse into the world of the past, the world of housemaids and cooks, the world of butlers and lavish entertaining. The modern cook does have refrigerators, electric mixers and automatic ovens, which go some way towards replacing domestic help, but still she is faced with the same basic problems as her grandmother; so Lady Jekyll's precepts for entertaining and cooking remain as true today as they were nearly 50 years ago.

Cookery books are as often read for entertainment as used in the kitchen. This book will be both read and used for its recipes are simple, clear and original and cover many varied occasions. They will delight the modern hostess looking for new ideas.

This edition of Kitchen Essays has been edited by Lady Jekyll's daughter, Lady Freyberg, and completely revised to take into account all modern culinary techniques. The beautiful line drawings by Pauline Baynes reflect the charm of the work.

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*Kitchen Essays*





# KITCHEN ESSAYS

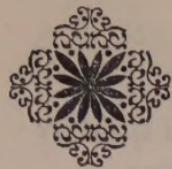
by LADY JEKYLL, D.B.E.

*Introduction by Lady Freyberg  
Illustrated by Pauline Baynes*

COLLINS · London and Glasgow

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## Preface by Lady Freyberg

**I**N 1921 MY MOTHER, LADY JEKYLL, WAS ASKED TO write a series of cookery articles for *The Times*. They had so much success that she decided to incorporate them into a book published in 1922 under the title of *Kitchen Essays*. This book has long been out of print but even now I am frequently asked for second-hand copies, in spite of the availability of the large number of modern volumes on cooking that have been produced since the war.

That my mother's ideas are still sought after is shown by the fact that only recently permission was requested to include sixteen of her recipes from *Kitchen Essays* in two cookery books that were published in the autumn of 1966. This continuing interest made me feel that a new edition of *Kitchen Essays* may not be out of place. I have taken the opportunity of including a number of my mother's recipes which were not printed in the original book, and which she evolved in the fifteen years between 1922 and her death in 1937. I am also putting in some of the recipes which I have collected from various sources in the course of a long life of travel and entertaining, together with other contributions by friends and members of my family. I hope that these will complement my mother's theme, and extend the usefulness and interest of the new edition.

To me the great attraction of my mother's book lies in her flair for ordering the menu to suit the occasion. This was the secret of her own successful planning of meals, which can

clearly be seen from the original collection of essays, now something of a period piece. Imagination comes into her planning, whether it be for the serious dinner party for political friends, the picnic for children, the short dinner before a theatre, or the supper for a late gala, transforming each occasion into a happy blend of charm and originality. There are those who will be shocked, as she was herself, at lapses into wicked extravagance, endearingly counterbalanced by streaks of Scottish thrift.

The cooking expertise of the modern young women never ceases to astonish me. While it is true that they have a wider range of facilities available to them than was possible in earlier days, their mental energy and resilience is largely a product of higher education and of the improved standards of food consciousness. This has undoubtedly been brought about by increasing travel, by cooking demonstrations on television, and by stimulation from the attractive articles and recipes constantly published in the papers. Indeed the general standards of achievement of the young wives and mothers of the present day are the subject for what the hymn calls "Wonder, Love and Praise" and leaves us of the older generation full of heartfelt and humble admiration. I should feel very happy if I could think that this rather old-fashioned effort could be of interest to them.

BARBARA FREYBERG



## *Editor's Note*

**I**N THIS NEW EDITION OF "KITCHEN ESSAYS" LADY Jekyll's original volume has been reprinted almost as it stands. The recipes have only been simplified where this would not alter the style of the essay and I have added footnotes which I hope will prove helpful to modern housewives using the book.

The additional recipes provided by Lady Freyberg have been collected under the traditional divisions of Soup, Fish, Meat etc. and printed in the second half of the book. In this section I have noted all the recipes which occur in the Essays with cross references, so that, for example, all soup recipes are listed here under one heading. I hope that this will make the book practical for everyone.

I believe that this book will provide the cook/hostess of to-day with a fund of delicious recipes as well as being a literary work of great charm and elegance.

CHRISTINE WATT  
*Cookery Editor*

*“Here I have but gathered a nosegay of strange floures,  
and have put nothing of mine unto it but the thred  
to binde them.”*

MONTAIGNE, BOOK III.



## Preface

THESE SHORT ESSAYS IN COOKERY EMBODY A NUMBER of recipes, treasure trove from many sources, collected during years of housekeeping under varied conditions. Their reappearance in book form is due to requests from readers of *The Times* who have found them of practical use in kitchens where old-established standards and experience have in many cases disappeared during the recent years of upheaval.

Detailed directions for the fundamental processes of cookery are available in so many excellent books that a knowledge of ordinary kitchen practice has been here pre-supposed; but when homes dissolve and re-form, or the main prop of a household is withdrawn, it is often found that a good tradition or a valued formula, painstakingly acquired, has vanished beyond recovery, and that the pleasant things we enjoyed in youth, the unfamiliar foods which added interest to our travels abroad, or the *spécialité* of some clever long-lost cook, have all been swept irrevocably down Time's rolling stream.

This slight attempt at salvage is made for the benefit of those who come after, and if a few stray reflections have been thrown in with the salt and the sugar, it may be that, in the words of Lucretius, "One thing shall thus give light to another."

AGNES JEKYLL

*Midsummer to Easter, 1921-22*

*Dedicated  
To My Daughters*



I

## *Old friends with new faces*

“**M**Y NATURE DEMANDS THAT MY LIFE SHOULD BE perpetual Love,” wrote dear Lord Beaconsfield to one of his female friends in a moment of spiritual expansion, and Dr. Swift recommended women to “turn their attention less to making nets, and more to making cages,” so that there might be fewer unhappy homes.

Our mothers were apt to speak with almost brutal frankness about the way to the human heart; and as its topography does not change, it may be well to give closer study to it, with a view to entering and entrenching ourselves firmly in that citadel. This can only be accomplished by persevering and intelligent effort. If, then, we would have laughter and shining faces at our board—if we would preserve the devotion of our husbands, the enthusiasm of our children, the preference of our friends, and the contentment of our domestics—let us as housekeepers give more of our best brains to the work. We must put those thoroughbreds, Imagination, Generosity, Invention, into harness with our jaded hacks, Custom, Thrift, and the Common-place, as they drag along Time’s hurrying chariot to the often depressing sound of the family gong.

It is the old friend greeting us in the piquant disguise of a new acquaintance that interests us, the unexpected that stimulates our listless appetite, begetting thereby brilliant talk and happy memories. For long industrious years have you not ordered weekly a Roast Leg of Mutton, inevitable as a mother-in-law, dreary as the weekly washing book; but now . . . re-

christen it *Gigot de Six Heures*, and having begged the butcher (who must be not your enemy but your friend and ally) for a specially nice small one—Welsh for choice, in compliment to recent additions to our House of Lords—ask your cook to treat it thus:—

Stick into the thick part of the joint a refined little clove of garlic, cover the bottom of a braising pan, into which you have put a walnut-sized piece of fresh butter, with a liberal allowance of fresh vegetables, onions, carrots, celery, some thyme, parsley and a bay leaf. Lay your gigot in the vegetables and fry quickly and thoroughly, turning the meat constantly so that it may brown well. Then add half a bottle of claret and a dash of brandy—if it can be spared—with a breakfast-cupful of good stock. Let this simmer gently from about 4 o'clock till dinner time, basting the meat often. Before serving, strain the gravy from the vegetables, remove the clove of garlic, and place your gigot on a roomy dish, preferably of brown earthenware, and garnish this, pouring over the gravy, immediately after carving it delicately, and handing it round, very hot, with some browned potatoes and any other vegetable liked, such as creamy turnips or braised haricots. **FOR 4 PERSONS**

*§ I would be inclined to brown the leg of mutton in a separate pan using butter or oil. Then transfer to the braising pan on the bed of vegetables.*

*§ For a leg of lamb weighing 2½-3 pounds allow a cooking time (including the browning time) of 2½ hours.*

Soubise sauce is a good addition; and if the butcher is sympathetic and will let you have two calves' feet, well scalded and cleaned and cut up, to be added to the meat while braising, both your shares and the cook's will rise in the home market.

Your spinster aunt will certainly accuse you of undue extravagance after she has partaken freely of this dish. Score off

her with a delicious and economical *Clear Consommé without Meat*, a household stand-by during the rationed, meatless years.

Fry in margarine or dripping a few carrots, turnips, 2 or 3 onions, and two bay leaves, add a teaspoonful of "Marmite Vegetable Extract" to cold water in the quantity required—for four diners, say 4 large cups of water to a teaspoonful of marmite, or even less—boil from 3 to 4 hours. Then strain and cut up the best of the flavouring vegetables as a garnish in the soup. Celery is an improvement, bay leaves a necessity.

After roast mutton comes our kind old friend rice pudding, but one which will be acclaimed at luncheon, even by the returned schoolboy, if invested with novelty and charm in the simple manner here and now set out, and re-baptized *Dundee*.

Boil sufficient rice in milk until cooked rather firm, sweeten, and fill in therewith a fireproof glass or nice-looking pie dish, adding a spendthrift's spreading of juicy home-made marmalade, and leaving a small valley in the centre for the following mixture to fill in: butter 2½ ounces, melted but not allowed to oil, adding to it, while warm, 2½ ounces sugar and the yolks of 5 eggs mixed well together and beaten till light. Pour this all over. Bake in a moderate oven from ½-¾ hour. It should be a pleasant café-au-lait brown on top, like the ideal sponge cake, and there should be enough for six people without the second helpings they will ask for, which are as inartistic as encores at the opera.

§ Allow 2-3 ounces rice per pint of milk.

These two are familiar friends, but now comes an acquaintance from abroad in the shape of a summer luncheon sweet, popular in Sweden, under the name of *Röd-Grö*.

Boil currants and raspberries with a little water and sugar in

the proportion of 2 pounds of fruit to a tea-cup of water and  $\frac{1}{2}$  pound of white sugar. Pass through a sieve, and put it into an enamel stewpan with a large teaspoonful of sieved arrowroot, stirring gently but inexorably till smooth, when it should be of the consistency of gooseberry fool. Serve very cold, and if convenient, slightly iced, in a shallow white china or cut-glass flat dish, and let plain fresh cream and either boiled rice or *petit-choux* complete the offering. FOR 4-5 PERSONS.

§ Remember to boil the mixture for 2-3 minutes when the arrowroot has been added.

After these two very simple but pleasing sweet dishes, here is another of a more recondite nature, *Russian Ice*, acquired from a Muscovite friend, and useful to those who can beg, borrow, or pluck from blackcurrant bushes a large handful of their youngest leaves.

These must be thrown into a pan of boiling syrup made in the proportion of  $\frac{1}{2}$  pound white sugar to 1 pint water. Cover the pan and let it cool for 2 hours. Then strain, and add the juice of 6 lemons and freeze in the usual manner, as you would when making a lemon water ice, which it will resemble in appearance, but the flavour a far more ethereal one and endowed with the compelling power of the Blarney Stone.

This subtly flavoured sweet, served in pretty tall glasses, should have as followers a glass bowl of luscious blackcurrant compote (freshly gathered, if possible; if not, the best bottled variety) and some crisp home-made Cat's Tongue Biscuits, or even the harmless useful sponge rusk out of a newly opened tin, to go round your table of six or eight fortunate guests on a hot summer evening.

From food to drink. Here is a pleasant "refresher", specially suitable for the young after lawn tennis or sports on hot days,

but acceptable also to their elders when exhausted by church, depressed by gardening, or exasperated by shopping.

*Raspberry Vinegar*

Take 1 pound raspberries to every pint best white vinegar. Let it stand for a fortnight in a covered jar in a cool larder. Then strain without pressure, and to every pint add 12 ounces white sugar. Boil 10 minutes, let cool, and bottle in nice shaped medium-size bottles saved perhaps from some present of foreign liqueurs.

A teaspoonful stirred into a tumbler of water with a lump of ice, or introduced to a very cold syphon will taste like the elixir of life on a hot day, and is pretty as it is pleasant.

In some such ways as these—and there are many, many more—can affection won be kept alive and tender, and have we not the highest authority for knowing that without love we are nothing.



*"Le mot juste" in food*

**N**EVERTHE TIME AND PLACE AND THE LOVED ONE all together" sang our poet of the intellect, which, translated into terms of the menu, should indicate a desirable combination of the appropriate dish at the right moment with the particular individual. Therein lies the golden opportunity for the wits of the housekeeper, who should study the meteorological forecasts with the anxiety of a



yachtsman or a mountaineer, and try to recall both the pet aversions and the preferences of those for whom she is catering. There was once a man who actually swore when lobster and crab were offered to him on successive days at luncheon, and refused all food on the third day at sight of mushrooms, for these all disagreed with him poisonously. He was a J.P. and a churchwarden too! One guest scored off a solicitous hostess who, when accepting a proffered visit for luncheon, asked for some guidance as to the then preferred diet—was it vegetarian or uncooked fruit, were vitamins and proteins desired or taboo? The reply came short and incisive: "Thank you, I eat everything except *corpses*," thereby making a lamb cutlet or the wing of a boiled chicken seem positively tigerish. Some people let their moderation be known to all men, never, according to their own account, partaking of anything grosser than twelve almonds and six raisins in the twenty-four hours. Others boast of a cup of milk with two slices of brown bread and a lettuce. Do not fear overmuch to put such resolution to the test. They have been known often to enjoy copious and

diversified meals—only their doing so must never be noticed.

Here is an excellent luncheon dish under the name of *Dutch Omelet*, accepted by various sects and creeds with apparent relish both on feast and fast days, to be made thus:—

Prepare some batter with  $\frac{1}{2}$  pint of water,  $\frac{1}{2}$  pint of milk, 8 ounces of flour and 4 yolks of eggs. Incorporate the stiffly whipped whites. Make a fairly thick pancake but do not overcook. Place it in the large round deep plated dish in which it is to be served. Keep it at the mouth of the oven, and sprinkle it liberally with grated Parmesan. Make a second pancake and lay it on top, sprinkling delicately with finely chopped ham. Add yet a third pancake on top of these, and put over and around asparagus tops or green peas. Cover the whole with a good creamy white sauce and serve very hot.

**FOR 4-6 PERSONS.**

Turn your thoughts to a tropical week-end in July or August, when you might expect a jaded Cabinet Minister or a depressed financier, a critic from the Foreign Office or an epicure from the Guards Club, and try them with this *Selle d'Agneau à la Miramar*. It is not exactly a cheap dish, but we are told to cast our bread upon the waters and that we shall find it after many days: it might conceivably induce a rich legacy from a bachelor uncle.

Take a nice juicy saddle of lamb, or mutton, trim it from skin and superfluous fat. Roast it carefully and let it get cold. Then cut out the fillets on either side of the backbone and mask these thinly with aspic jelly on top. The space left is to be covered in with a cold mousse, for which use a piece of freshly cooked lamb about 1 pound in weight, cleaned of fat and sinew, cut very small and then pounded in a mortar with 4 ounces of fresh butter, passed through a sieve and mixed with a little cream *half whisked*. Add a small tin of purée of foie gras. Put this mixture into the excavations

on either side of the saddle, let it set, and cover with thin aspic jelly. If the purée should be too stiff, moisten with aspic, cream or a little Velouté sauce. Cut as many slices, long and thin, from the fillets as are required; lay them across the saddle resting on the backbone. Serve on a roomy dish surrounded with lettuce leaves in which are put a garnish of fruit salad. Serve very cold.

§ Roast the saddle in a fairly hot oven,  $375^{\circ}\text{F}$  or Gas Mark 5, allowing 30 minutes per pound. A saddle weighing about 7 pounds will serve 10-12 persons, cold.

§ For aspic jelly recipe see p. 162.

For this same festive and hot week-end, capture a stately pineapple. But do not waste it at dessert, when most guests will gladly exchange the heat and effort of the dining-room for the scented *solitude à deux* of the star-lit garden. Use it for a combined entremet and fruit course, cutting it in half through the crown of leaves downwards, then scoop out the fruit, and make it into a very good water or cream ice in the usual way. One hollowed-out side of pineapple, lying lengthwise on a silver dish, will be filled with this, the other with a fairly stiff compote of red cherries, fresh or bottled. Those put up with maraschino or in heavy syrup are popular. Serve with this, freshly baked *Cat's Tongue Biscuits*. Here is the jealousy guarded formula:—

Two ounces of white sugar beaten with 2 ounces butter. Work in 2 ounces fine pastry flour. Mix together with fresh cream and a little milk well flavoured with vanilla pod. Force this mixture through a forcing bag on to a greased baking sheet in long 8-inch lengths, narrow as a little finger, but splaying out into a heavy thumb at either end. After 10 to 15 minutes in a fairly hot oven they should be of a deep cream colour, merging along their edges into the delicate brown of fading magnolias.

§ The mixture should only be soft enough to pipe.  
§ Bake at 375°F or Gas Mark 5.

If the week-end guests should arrive in time for tea, offer them this *Cut Gooseberry Preserve*, the triumph of a Scottish jam-maker of wide renown in the Borders. They need not be put off by recollections of the sour pip-infected mash which often disgraces the homely label.

Take 7 pounds unripe gooseberries—'Sulphur' is the best variety for the purpose. They must not be hard, nor yet too ripe. Top and tail them and cut in halves straight across. Scoop out seeds with wrong end of a teaspoon. Cover with 1½ pints cold water, and boil for 30 minutes. Strain through a hair sieve or cheese-cloth. Weigh the cut gooseberries and allow to each pound 1 pound best loaf sugar. It then takes from ½ to 1 hour to boil to a nice rich colour in which the now soft gooseberry skins are merged in close but separate units.

Do not forget the now ripening *Morello Cherries*, which, drowned in brandy, made such irresistible appeal as winter dessert in pre-war days. If brandy be still ruled out by the well-balanced mind, try bottling them in good Marsala and sugar in sterilized bottles with wide mouths and screw-on tops. Bring them thrice over just to the boil, withdrawing quickly, and finally corking to the exclusion of all air. Pussyfoots love them served in glasses with becoming caps of fluffy cream, and will mellow visibly under their influences, sweet as those of the Pleiades.



## 3

*In the cook's absence*

"**N**EVER HESITATE TO DO A KIND ACTION," SAID A cynical friend once in the writer's privileged hearing. "The burden of it almost invariably falls on some one else, whilst you get all the credit." The truth of this dictum, once heard, will often recur to the mind when promising, shall we say soup, or jelly, to some sick friend; for it is the cook who will make the offering, the boy who will carry it to its destination. Gifts of flowers and greenery generously pressed on a London bound guest, choice cuttings or herbaceous plants promised to the gardening enthusiast—do we ourselves rise early to gather them? do we personally divide and label, pack and despatch, that hamper, or is it the already hard-worked gardener? The generous offer of a new dress-pattern, the formula for a knitted jumper, the recipe for an attractive cake or dish—do we always measure and copy out ourselves, or set someone else to work, whilst we warm our cold hearts with unearned gratitude? Recent wedding festivities in a cherished neighbour's home were the cause of an offer made with a light heart, and deeply regretted when it caused the temporary absence of her upon whom depended much of the peace and comfort of the home. This time culprit and kitchen-maid were joint sufferers. A capable damsel with a record of highly paid service in a Labour Bureau, but inexperienced in matters of the kitchen, promised to rise to the occasion after a course of suggestive psycho-analytical treatment. As similar experience may befall many of us, particularly at busy holiday

times of the year, when cooks, whose mothers so often specialize in sudden and disastrous illnesses, may leave us to face problems we have never really envisaged before, it may be well to anticipate such emergency.

A vision of the pleasant spacious kitchen of a small French inn visited in a recent motor tour came to the rescue. The shining utensils, the gay earthenware, the charming patronne, all recalled the savour of an excellent brew whose evolution she obligingly encouraged her guest to study. This, if it could be recaptured, should welcome coming guests and cause the artist's temporary absence to be forgiven. It was called *Garbure à la Lionnaise*, and may be accomplished thus:—

Chop about one pound of onions finely, and place, with 2 ounces of fresh butter, on a moderate fire in a frying pan till browned. Cut 8 or 10 small slices from a long milk roll of bread, lay them in a fireproof glass or shallow earthenware dish powdering, in a little cheese first. On each slice of bread put a little of the cooked onion and a dusting of cheese—preferably half Parmesan and half gruyère. Pour over these a glass of consommé or good stock (thoughtfully left ready by the absent artist). Put the dish into the oven to brown and if necessary pass a salamander over it just before serving it together with a marmite pot of hot consommé or good stock in the proportion of 1 quart for six people, adding 2 yolks of eggs and half a glass of cream. Serve the garbure and the soup simultaneously but in separate dishes.

§ *It is important that the dish of bread and consommé is put into a very hot oven or under a hot grill.*

For a fish course for six try this version of *Lobster à la Newburg*, which has many variants, this simple but acceptable one being best when daintily served in white china ramekin cases of fair size, and attended by thin gossamer slices of bread dried to lacy crispness in a slow oven:—

Take  $1\frac{1}{2}$  large cupfuls of cooked lobster, cut into pieces 1-inch square, 1 tablespoonful of butter,  $\frac{1}{2}$  cup of Madeira or light sherry, 1 cup of fresh cream, the yolks of 2 eggs, some salt, a dash of pepper, and, if possible, 1 chopped truffle (or peelings, if obtainable, will do). Put the butter in a spotless stewpan with the lobster and truffle, salt and pepper, cover, and let simmer for 5 minutes. Add the wine, and cook for 3 minutes more. Have ready the yolks and cream well beaten, and add to the lobster, shaking the pan until the mixture thickens, then serve at once.

This is so sure of success that the new kitchen-maid will feel encouraged to try her hand at *Biftecki à la Russe* :—

Some juicy and tender beefsteak in the proportion of  $1\frac{1}{2}$  pounds to six people finely minced in a machine with the pipe affixed. Fry a little onion till nicely browned, adding a little stock (or Bovril), and reduce somewhat. Add the minced meat, all gristle and skin carefully trimmed away, with salt and pepper to taste, and stir in  $\frac{1}{2}$  pint of cream (evaporated milk is a possible substitute). Form into rounds, large as the tops of coffee cups and about 1-inch thick, flour lightly and fry in butter for some 10 minutes. Pour over a little good gravy, and dish with grated horse-radish liberally dropped on each round, garnishing the flat dish which holds them with hot beetroot chopped into inch cubes, or with daintily cooked peas or beans.

The *Morello cherries* so beautifully embalmed in Marsala and sugar (see page 9) might complete this effort; and as the kitchen-maid will by now have warmed to her work, let her try her hand at these delicious *Orange Jumbles* to go round with the glasses of fruit and cream :—

Beat 4 ounces white sugar and 3 ounces butter, add 4 ounces shredded almonds, 2 ounces flour, grated rind and juice of

2 oranges, and a soupçon of cochineal to colour all. Mix and put on a slightly greased baking tin in quantities of about 1 teaspoon to each jumble, allowing room to spread, and bake in a moderate oven. They will be the size of teacup rims, and should curl their crisp edges, faintly pink as the underneath of a young mushroom.

Leaving these instructions before your kitchen-maid's eyes, the sound of your stimulating words of hope and faith in her ears, you will be able, as hitherto, to transfer most of the burden on to her shoulders, and go up to dress for dinner, feeling that you have done your duty; but, as Mrs. Wharton told us in a recent admirable novel, "the worst of doing one's duty is that it unfits us often for doing anything else."



## 4

## *Of good taste in food*

NO DOUBLE MEANING LURKS IN THIS HEADING but it is not recognized perhaps as generally as it might be that the selection, preparation, and service of food have their own codes of fitness and quality, their rules governing cause and result, which cannot be ignored or transgressed without detriment to all concerned. Too much effort given to material things entails neglect of spiritual ones, too little induces loss of temper, money, and health. Some rare spirits there are who may discipline themselves into indifference to creature comforts, who may write magical poetry on lumpy porridge, paint glorious pictures on indifferent eggs,



lead armies to victory on bully beef—we salute them and pass on! But with those who, whilst lifting reverential eyes to the stars, yet know and love this kind, warm earth, we would take counsel awhile. It is not thought praiseworthy to wear nasty clothes, to have ugly flowers in the garden, dull books on the table, comfortless furniture in the home, and horrid pictures on the walls. Why, then, are God's good gifts of food and drink to be spoiled by stupidity and mismanagement? The French are artists in these matters, and yet of France it is said—

A country that can think, and, thinking, acts;  
A country that can act, and, acting, dreams—

Let us not, then, be too highbrow to learn something both theoretically and practically about food and cookery, or too lazy to take trouble anew every morning; neither let us be so timorous as to sit down under a rule of what a schoolboy friend in a recent examination paper alluded to as "that practice introduced by the Greeks of a man having only one wife which is called *Monotony*".

The dishes which will befit a king's banquet or a Lord Mayor's feast look strange and out of place in modest surroundings. Turtle soup, plum-pudding, and champagne for an August Sunday luncheon in a seaside villa would be, to say the least, incongruous, but have been experienced.

A blue-blooded and conservative marquis may be forgiven his temporary loss of self-control when the newly-engaged cook sent on its gay career round a decorous dinner-party of county neighbours a transparent and highly decorated pink ice pudding concealing within inmost recesses a fairy light and a musical box playing the "Battle of Prague". Words were spoken, and, like the chord of self in Locksley Hall, this over-elaborated creation "passed in music out of sight".

Matters of taste must be felt, not dogmatized about. A large cray-fish or lobster rearing itself menacingly on its tail seems quite at home on the sideboard of a Brighton hotel-de-luxe, but will intimidate a shy guest at a small dinner-party. A story quoted by Sydney Smith from an old chronicle records a dinner prepared for a meeting of bishops at Dort, one of the dishes being "a roasted peacock, having in lieu of tail the arms and banners of the Archbishop, which was a goodly sight to such as favour the Church." What a contrast to the practices prevailing in even the more stately homes of the Anglican clergy! A great prelate of our own day is said to be contemplating drastic changes in a home life rendered difficult by the limitations of his cook, whose only alternative to a burnt offering, as he complained, was a bleeding sacrifice.

Over-elaboration then, even in our kindest cooks, must be discouraged: games of dominoes played in truffles over the chicken cream, birds' nests counterfeited round the poached eggs, jazzing jellies, and castellated cakes show misdirection of energy. Not that an occasional exception may not prove the rule—let it be made on behalf of *Gelée Crème de Menthe*, an emerald-green pool, set in a flat glass bowl, reminiscent of Sabrina fair in her home below translucent waves or of Capri caverns, cool and deep; whilst the delicate aroma of pepper-

mint will recall to Presbyterian minds those Sabbath indulgences practised by young and old at kirk in far-off Highland glens.

Make a quart of good lemon jelly in the approved way, preferably with calves' feet, more probably with best leaf gelatine, but not—oh! not—with jelly powders. Whilst warm add a handful of those large green peppermint geranium leaves, thick as a fairy's blanket, soft as a vicuna robe, and to be found in most old-fashioned gardens, and let them flavour your blend; or you can use 3 or 4 drops of essence of peppermint,  $\frac{1}{2}$  teaspoonful of apple green to colour, or home-made spinach greening for a substitute. Pass through your jelly bag and serve very cold. A glass of crème de menthe might well improve this, but is by no means indispensable. FOR 4-8 PERSONS.

§ Use 12 thin sheets or 1 ounce powdered gelatine to set 1 quart of liquid.

To mollify the fastidious purist or placate the peppermint hater, prelude this recipe with an excellent *Consommé Fausse Tortue*. Elderly aldermen will bless you for it, and the hunters home from the hill will forget the rigours of the chase, and be warmed and comforted.

Having removed the brains from half a calf's head, put it into a stewpan with a little salt and water to cover, and bring to the boil, then place it under the cold water tap and thoroughly wash. Put it back into the clean stewpan with enough stock or water to cover it, plenty of stock vegetables, also bay leaf and a few allspice. Simmer gently for 5 hours, then strain and leave to set. Next day remove fat. Clarify soup, adding a turtle tablet and some turtle soup herbs as sold at stores. When clear, strain through a clean cloth, re-boil, and add a little sherry, salt, pepper to taste and, just before serving, some pieces of meat cut in gelatinous squares

from the head and indistinguishable from green fat, two for each portion, of which there might be eight.

§ *Turtle herbs are usually a mixture of basil, thyme, bay leaf and marjoram.*

This would be a propitious moment for asking some favour, dropping out casually a regrettable piece of news, or even confessing to the near advent of an unwelcome visitor. It is wonderful how safely awkward corners can be turned and dangerous seas navigated without disaster if only the tactful moment be chosen for the venture.



5

### *On the serving of food*

CICERO SAID THAT THE WORST PEACE IS BETTER than the justest war. We, who still suffer from both, may be thankful that at least the intricate mechanism of our daily lives has been a good deal simplified as their result. We have grown accustomed to shorter meals, and to prefer them,—to do without things which we now realize were never necessities. Servants being fewer, we have schooled ourselves to a greater measure of self-help, and the stately major-domo, once specially recommended as being able to “carve well off the table”, would find that in many homes his occupation was gone. It is all the more incumbent to write with invisible ink on our menu cards “Little and good,” and to see that the dishes, though few, are perfectly prepared and attractively presented.

Those who have persuaded their cooks to send things up as far as possible in the fireproof dishes or oven-glass in which they can often be admirably cooked, or appetisingly finished off, as well as served, will not willingly revert to that destructive transfer from cosy casseroles to chilly silver or china dishes, thereby depriving themselves of that good savour of the fire which lurks in brown marmites, but never penetrates into the glacial tureen. A few pounds spent in the sort of ware used in French and Italian restaurants, an occasional plunge for some of the beautiful china and glass specialities of our own admirable factories, which may be made to serve as Christmas or birthday presents in the family, the rash purchase of some alluring piece of pottery abroad, devastating, perhaps, as a travelling companion, but for ever after precious as a souvenir —these are amongst the extravagances we never regret.

It is a poor encouragement to the cook to let her carefully-prepared, well-garnished dish cool its heels, first on a dinner lift, then behind a screen, where it is dealt with by an intermediary hand, and at last presented, often in fragments of unrecognizable derivation and uninviting appearance, its tardy companions, the gravy and sauce boats, the savoury rice or dressed vegetables, for which it called out long but in vain, never coming, like wisdom, until too late. Delay is almost invariably fatal to success, but a pair of carvers near the kitchen fire and a lightning flight straight to the dinner-table lend an unimagined savour to the simplest food. The sudden irruption of an anxious chef through a dining-room door bearing a soufflé light as thistledown, and crying apprehensively as he came, “*Vite! vite! messieurs, mesdames, cela tombe! cela tombe!*” was more than justified by the fleeting perfection of his *chef-d’œuvre*.

For luncheon try these *Rognons à la Turbigo* in a brown shallow fireproof dish, round for choice, in which they can be finished and served:—

Clean some mutton kidneys of their outer skins, cut out



hard centres and slice in large thin pieces, season and fry quickly in butter, and transfer to the dish in which they will be handed round—adding some already cooked mushrooms and some midget sausages, or slices of chipolata sausages already grilled. Pour over these a well-seasoned tomato sauce and some gravy mixed. Re-heat all together and serve piping hot.

§ Allow 2 kidneys per person and fry quickly for about 5 minutes.  
§ The gravy could be omitted.

For those who shudder at the idea of kidneys, here is an unusually popular form of *Chicken Liver*, which will taste all the better if it comes straight from the oven in a brown earthenware vessel, such as would be met with in a humble French restaurant or on a Dutch market-place:—

One cupful Carolina rice, 4 tomatoes, 1 onion chopped fine, 2 potatoes, 2 chicken livers cut up and 2 tablespoon-

fuls chopped ham. Put rice in a stewpan, cover with cold water, close tightly, stand on the side of stove, and let it swell thoroughly. Fry in clarified butter the onion, livers and ham. Cut the 2 large potatoes and tomatoes into dice; do not fry them. Put the fried onion, livers, ham, potatoes and tomatoes into the brown casserole, about half-fill with good brown stock, and let it simmer gently for 10 minutes, by which time the rice should be done and can be added to the casserole, and all well stirred together. Finish cooking in the oven with the lid on for 20 minutes. When done there should be a skin slightly brown over the top, but below it should be moist and succulent. FOR 4-5 PERSONS.

§ *The rice should be allowed to swell over very low heat for about 20 minutes, it should be half-cooked before adding to rest of ingredients.*

A round flat “oven-glass” dish will fitly hold *Cambridge Crème Brûlée*, long the exclusive speciality of a certain college, and served on any festal occasion with or without a bowl of fruit compote in its wake.

Heat 1 pint of good rich cream slowly to boiling point—cool. Pour it on to yolks of 4 eggs well whisked with 1 ounce sugar. Replace on fire, and let it boil again. Then pour it into the dish in which it is to be served, which, if not of fireproof glass, might be one of those brown yellow French dishes imitating a pastry croûte. Let it get cold. Strew a thick coating of caster sugar over it, brown with a salamander, and serve very cold. A thin semi-transparent crackling top-crust should thus be formed over the yellowish custardy cream below, to be easily broken by a few sharp spoon taps before helping. A cold rice pudding for home luncheon in summer may be treated with sugar, and salamandered in the same way. FOR 4 PERSONS

§ *It would be advisable to cook the hot cream and egg yolks in the*

*top part of a double boiler. Stir over boiling water until mixture thickens.*

§ *Put the dish in a baking tin half-filled with cold water before browning with salamander or under a very hot grill. Take care as the sugar will burn very quickly.*

Brown earthenware soup pots with covers and saucers are excellent for serving up all homely soups, recipes for which are already simmering for a future chapter.

By ways such as are here suggested we may hope to escape the classical censure directed against that dinner tersely described as “ill chosen, ill cooked, ill carved, and ill served”.



## 6

### *Children's bread*

“WHEN I WAS LITTLE,” SAID ONE OF RIPER years, “the peaches were all kept for the grown-ups. Now I am a grown-up, they are all given to the children.” It is the old, old story: jam every other day—yesterday—to-morrow—never to-day—which is what, on reflection, makes it jam. Though the prevalent precedence of the young opens what Treasury Minutes are fond of calling “a very serious door,” the elders can but enter and take their back seats, waiting for that inevitable swing of the pendulum which demonstrates the fixity of Nature’s laws.

Summer holidays are a suitable moment for taking thought for our young, and for adding, by good diet, at least one cubit to their statures, for often even the best school dietary fails to provide sufficient creamy milk, fresh butter, and other

palatable fat-making foods so good for most young, and oftener still, opportunities for sufficient sleep and rest militate against their successful absorption. Let us think, then, how we can tempt the delicate appetite of the weaklings without stimulating the grosser ones of the greedy. A grandfather recalls being admonished in his youth against ever showing surprise, or making any comment, even were a roasted elephant to be placed upon the table—a council of perfection, surely, for an unlikely contingency, though the writer remembers hearing a little boy of seven, born and brought up in the Faroe Islands, asking the waiter politely at his first dinner in an Edinburgh hotel if the proffered viand was beef or whale!

The children of to-day are seldom disciplined with the severity of the older generation, or bewildered by that tormenting though truthful alternative of our childhood—“those that ask, don’t get; those that don’t ask, don’t want”; the good things of the table, like those of the eye and of the mind, being offered to them in easy profusion as compared to the stricter limitations of an earlier age. Who shall say that the reign of liberty and fraternity has not as good results ultimately as the reign of law? The children of Israel reached the Promised Land after forty austere years in the wilderness, with little to eat and less to drink, displeasure prevailing above, murmurings below, yet we read that later they attained to greatness and prosperity on a diet of mammoth grapes and abundant wine, of overflowing milk and honey. The starved appetite waxes rapacious and greedy, the pampered youth grows soft and spoilt. These are highly controversial matters and, being generally questions of degree, can hardly reach very definite solution. Perhaps sympathy is what the young need most and thrive on best, and Mrs. Norton’s answer to the child who she had been set to amuse, and had made friends with so successfully that it asked her: “Please, are you very, very young too?” will encourage the elderly. “Yes, very *very* young,” she answered. “But then, my dear, I have been very young for a very long time.”

Children's tastes, like their religion, are oftenest simple and instinctive. "Chicking, please," is still the birthday choice in most homes, and let us not fail them in the matter of *Bread Sauce*, of which there never is and can hardly be enough. This is so much oftener badly made and nasty, instead of well-made and nice, that a few precepts for the inexperienced hand, to which it is oftenest entrusted, may not be amiss here. The bread must be stale and grated from a tin loaf, the milk good, and flavoured by boiling in it till soft a large onion cut into fair-sized pieces, and removed just before the milk is poured on to the dry crumbs. This is the moment to add a few removable peppercorns to simmer in a china cooking vessel for some twenty minutes, adding more milk as the bread absorbs it. A walnut of fresh butter stirred in before serving, and when peppercorns are removed, must not be omitted. Two teacups of crumbs to half a pint of milk, rising to three-quarters of a pint, should be a suitable allowance for four or five people.

Rosy-cheeked apples are what tempted Tommy on that fine summer day, even as his first progenitor, to sin. Next time you order that fruit of temptation for the young (and remember also that they are the favourite food of gouty millionaires), let them be peeled and stewed into *Spiced Purée of Apples*, with a liberal allowance of finely shredded citron or mixed peel, some allspice, and a dozen or more removable cloves. Or if you prefer *Apples Baked*, serve them on rounds of neglected sponge cake, fried crisp and spread generously with quince preserve. Or for *American Apples*, pour into their cored-out centres an overflowing baptism of maple syrup, which should also go round hot in a sauce-bowl instead of brown sugar, but not instead of cream. Or again, for *Apples Brésil* put three tablespoonfuls of pearl tapioca in cold water and simmer for 1 hour, strain and put back in saucepan with 1 pint of lemon-peel flavoured milk. Cook until clear and soft. Stew six cored, peeled, and sweetened apples, cut in segments. When both are cooked, put some of the tapioca in a deep glass fireproof dish, cover with half the apple, add the



rest of the tapioca and fruit, and anoint liberally with apricot jam, and cook for twenty minutes in the oven. Your guests will never say they dislike those viscous spheres again.

A Tyrolese hostess once introduced an appreciative young party to what was regrettably called *Kaiserschmarren*, our old friend the pancake in its solider form, chopped into small pieces and put on a long flat dish into which she had shaken a couple of handfuls of sultanas warmed and soaked for some hours in a little white wine, dusted with sugar and cinnamon, and a sauce-boat of hot white wine syrup accompanying it. Pussyfoots substitute a lemon juice syrup.

Etonians will remember the chilly welcome given to those ungraceful rolls of suet pudding accompanied by inadequate treacle, and known to their hungry youth as "Aunt's Leg", or, in its saucepan-shaped variety, as "Haynes' Hat", reminiscent of those furry concertinas worn as head coverings by their younger contemporaries. The same materials can be treated according to the formula of a well-loved Scotch aunt, and how different the result! Try this recipe for *Baked Roly-Poly*:

8 ounces of flour, 4 ounces of suet shredded, 2 teaspoonfuls of baking powder and 2 teaspoonfuls of Demerara sugar. Mix into a very stiff paste with a little water or milk; roll out not too thin, spread thickly with jam (stoneless damson or plum for choice), roll up, and brush with beaten egg. Butter a baking tin at one side only, tilt the tin inside the oven, bake in moderate heat from  $\frac{1}{2}$  to  $\frac{3}{4}$  hour. Should it spread whilst cooking, push into shape with a palette knife. Serve with additional warmed jam. FOR 4-5 PERSONS.

Another easily made and excellent sweet suitable for a young people's luncheon party can be warmly recommended under the name of *Berbage Pudding*:—

Take  $\frac{1}{2}$  pound each of bread-crumbs, chopped suet and moist sugar; a pinch of salt,  $\frac{1}{2}$  teaspoonful of bicarbonate of soda, 3 heaped tablespoonfuls of strawberry jam, and 1 egg, all mixed well together and steamed in a brick-shaped mould for 4 hours. Turn out, and serve with the addition of a light egg custard sauce poured over it or a good strawberry jam syrup around. FOR 4 PERSONS.

Well-brought-up children are trained to say grace, which recalls the memory of a Scottish minister, accustomed to share the mid-day meal of some of his flock between services. He varied his grace according to the feelings evoked by the fare set before him. Before fresh herrings, a dish he cordially disliked, he would begin, "For the least of all these Thy mercies," whereas roasted goose or duck with apple sauce moved him to a more fervid thanksgiving, beginning "Bountiful Creator." The simple grace said daily throughout the King's Navy, "Thank God"—accompanied by a hearty thump on the table—may well follow these last children's dishes, and grown-ups have been known to join with them in grateful appreciation.



## 7

*For men only*

OLD PREJUDICES DIE HARD, AND EVEN BEFORE the days of Martha, cumbered with her much serving, the kitchen was looked on as specially the woman's sphere of influence. Yet those who have been privileged to stay in bachelor households or to dine at restaurants with their men friends, will often admit their superlative capability both in running the domestic machinery with noiseless and well-oiled efficiency and in ordering a better dinner from a chef or maître d'hôtel than most women would be able to achieve.

What female intelligence can decipher rapidly those hieroglyphic sheets when presented in restaurants and unerringly select the "*spécialité de la maison*", or the most acceptable "*plat du Jour*"? She will vacillate between the super-strange and the ultra-commonplace, or, losing her head, will select the cheapest of the mysteries proffered, or else plunge recklessly for something expensive and out of season. Sydney Smith boasted of his custom of stopping his female servant when encountered in the passage and asking her suddenly "whether she preferred duck or chicken?" in order that she might acquire the good habit of swiftly making up her mind. Perhaps the old nursery game of Oranges and Lemons may conceal some such educative value, but choosing well is one of the most difficult things in a difficult world, seeing how profoundly it may affect our whole moral and physical well-being, whether applied to food, drink, companionships, or occupations, and that always our "Choice is brief and yet



endless". Some people will never learn to choose, but, like the child at the birthday party asked what it would like to have, say, "A little of everything, please." That way madness lies.

Nor, gentlemen is your efficiency confined to the ordering of meals; it is shown also in your rapid diagnosis of a difficult situation, in your successful handling of individual psychology. A domestic crisis involving the immediate disappearance of the entire kitchen staff from a remote country house, filled to overflowing with three cheerful generations of holiday makers was narrowly averted one August by prompt and successful male action. Shortage of water, absence of coal, conflicting milk claims between rival nurseries, momentary loss of temper on the part of the principals, and disaster seemed imminent and irretrievable. "But what did you say to them all?" asked a trembling and defeated mistress when he returned cheerfully from the back regions. "If you are a sensible woman, and I think you are, you will never ask or try to find out," was the enigmatical reply. But, anyhow, the barometer was set fair,

and the dinner that night specially successful. Was it flattery? Was it largesse? Was it that combination of a square jaw and a twinkling eye which is often so persuasive? No one will ever know, but the kitchen was a place of sunshine after storm, and the cook even volunteered to write out for one appreciative guest these recipes for her best efforts; so whatever the guilty secret, it was surely a case of justification by works, and only a man could have so handled the situation. Do not let September pass without trying each one of these dishes, all well suited to the season.

### *Clear Tomato Soup*

Cut in slices 1 pound fresh tomatoes, and put into enough well-flavoured clear stock for, say, six people. Simmer gently for 1 hour, strain through a clean cloth—reboil. Serve with fried croûtons, about two-shilling-piece size, piled with stiffly whipped cream, one to each person on a separate plate. The cream softens the acidity of the tomatoes and greatly improves the flavour.

§ You could use canned consommé instead of stock.

### *Partridges Braised with Cabbage*

Take 2 partridges and prepare in usual way. Old birds can be utilized in this recipe if necessary. Braise them carefully with plenty of vegetables and some stock for 1½-2 hours. Take a red cabbage, shred it finely, and put in boiling water for five minutes. Strain, and put in a casserole with a breakfast-cup of good stock, a dessertspoonful of French vinegar, an onion, some fat bacon cut into small pieces, a dessert-spoonful of caster sugar. Stir well, and stew or braise for an hour. Take out the onion, and heap cabbage at either end of a long hot dish with the birds in the centre. FOR 4 PERSONS.

§ When the bird has been sufficiently hung (usually 7-8 days)

*pluck and draw in the same way as chicken. Wipe bird inside and out with a damp cloth.*

§ *Braise the partridges with a rasher of bacon, 2 carrots, 2 onions and a stick of celery all sautéed first in fat. Add salt, pepper, bouquet garni and only enough stock to moisten. Cover the breast with a bard of pork fat or bacon.*

### *Syston Iced Pudding*

Cut a sponge cake, the size of the mould to be used for pudding, in slices—a brick shape about 8-inches by 4-inches is good. Soak the cake with brandy and sherry. Prepare some stiffly whipped cream, sweetened and flavoured with brandy, and lay it in the mould alternately with dried glacé and brandied cherries between each layer of cake. Fill the mould full, cover in with buttered paper, and freeze 3 hours. Make a purée of apricots, with jam or bottled fruit, add brandy or sherry, or a little curaçao flavouring, put in the ice box to become very cold, and pour round the pudding. **FOR ABOUT 6 PERSONS.**

### *Camembert in Aspic*

To 1 pint of brown stock add a little carrot, onion, celery, parsley and a few pimentoes (allspice), 1 dessertspoonful of tarragon vinegar, 1 teaspoonful of Worcester sauce,  $\frac{1}{2}$  ounce gelatine and 2 egg whites. Whisk all together in a saucepan, place on stove, bring slowly to the boil. When clear strain through a fine cloth into a basin. Remove the paper covering from a ripe camembert and slightly scrape it. Select a round tin a little larger than the cheese and pour in the liquid aspic to 1-inch in depth; let it set. Then place the cheese in the tin, pouring in sufficient liquid aspic to cover it; leave it to set. Turn out when ready, garnish with watercress sprigs, and serve with thin oven-dried crisp toast. Cream cheese can be treated thus, and ice is not a

necessity, only in hot weather it takes longer to set the aspic without it. FOR 6-8 PERSONS.



### *Thoughts of Venice from home*

WE ARE ADMONISHED BY PHILOSOPHERS TO REMOVE our thoughts from any bliss that is unattainable, but their balanced minds are oblivious perhaps of the happiness to be obtained, and without price, from retrospective enjoyment, or of the powers recently discovered by Monsieur Baudoin to be lurking within the practice of auto-suggestion. To such as have longed each summer, in vain, to take their holiday in Venice—to such as have returned thence, but are still under the spell of her magic—are these lines addressed.

Certain great moments of life can live on, safely stored in sub-conscious treasure houses, ready to be evoked at will for the refreshment of our spirits in hours of dearth or gloom. Summer sunrise seen for the first time in the high Alps, the Sphinx looking out across the shimmering desert, the great Statue of Liberty greeting our first approach to the New World—best of all, perhaps, that marvellous transformation scene out of the noise and squalor of the railway station at Venice into a silent gondola gliding along mysterious canals—these stand out amongst “remembered joys; store them up against the lean years!”

Venice is no longer that unravished bride of quietness, as in the days when Turner saw visions and Ruskin dreamed

dreams there. The Lido with its brilliant crowds of cosmopolitan holiday makers, its extravagant hotels and fashionable frivolities, has in some measure troubled the serene and romantic atmosphere of the city, arousing wrath and contempt in the bosom of its Intelligentsia.

For alas! it is seldom, if ever,  
That people behave as they should;  
For the Good *are* so harsh to the Clever,  
And the Clever *so* rude to the Good.

Perhaps the slight moral relaxation that so insidiously steals over almost everybody on their Venetian holiday is one of its subtlest charms, and that it was indeed here that the lady in the story received a proposal of marriage over the telephone, and at once replied: "Yes, delighted; but who is it?"

The more vivid experiences of life in Venice can hardly fade even from the most sluggish or frivolous minds, being what the furniture dealer superfluously described as "*so very unique*". That first passing out of the glittering beauty of the Piazza into the subdued splendour of St. Mark's, that last sunset behind the Alps watched from San Giorgio's high belfry, the mellow fruitfulness of the heaped barges unloading their piles of gourds and grapes, of pomegranates, figs, and tomatoes, to the sound of morning church bells clanging out across the Rialto—these are memories to cherish and revive, lest life disallow the desired encore. And, as taste and smell are said to recall past impressions more vividly than written words, let us conjure up a Venetian dish or two, enjoying our *collazione* under an imagined pergola, with the sunlight playing through the leaves, the orange sails flapping idly in the calm air of the lagunes, or it may be with a rising moon and the gay allurement of Japanese lanterns twinkling on phosphorescent water, whilst mandolines and singing voices vibrate joyously through the darkness.

Certain specially Venetian products cannot be transplanted: *Uve fragole*, those strange little slimy grapes with their

evasive flavour of mountain strawberry; *scampi*, those glorified prawns from the outer waters; *beccafichi*, poor tiny finches who feed on gaping figs, and whose innocent lives were ever pleaded for in vain; vine-fattened *escargi* like giant snails; strange, repellent *frutta di mare*, *nespoli*, *pomidoro*, *marinelli*, *polenta*, *funghi*, *poppone*. Their names are richly reminiscent but their emigration overseas impossible—nay, undesirable. But *Minestra*, *Gnocchi con fromaggio*, *Fritto Misto*, *Zabaione*—these can all be summoned out of the magician's oven. And this is how it can be done.

### *Minestra (Vegetable Soup)*

Take 4 fine tomatoes, 2 onions and a head of celery (white part only). Season well and cut into dice. Simmer in 2 ounces of butter for about 20 minutes without colouring them. Add 1 quart good stock, preferably veal, and 1 tablespoon vermicelli. Simmer all for 30 minutes taking off any scum. just before serving in a marmite pot add a small pinch of sugar. FOR 4 PERSONS.

### *Gnocchi with Parmesan*

Half a pint of milk, 8 ounces flour, 4 ounces butter, 6 eggs, 4 ounces grated cheese, salt and pepper. Boil the milk and butter, sift in the flour, stirring with a wooden spoon, add eggs one by one, lastly add the cheese. Put this paste into a bag with a forcing pipe and squeeze it out, cutting off small pieces, a few at a time, into a saucepan of boiling salted water. Poach for 10 minutes, drain, lay in a flat fireproof dish, adding liberally some white sauce, some cream and grated cheese. Put into oven for 20-25 minutes, serving very hot and slightly browned. FOR 4 PERSONS.

§ Make sure that the milk and butter are boiling and add the flour all at once. Beat mixture thoroughly before adding cheese.

§ Bake the gnocchi in a fairly hot oven, 375°F or Gas Mark 5.

§ Strictly speaking this is cheese-flavoured choux pastry—true gnocchi is made with fine semolina.

*Fritto Misto*

Half a pound calf's liver,  $\frac{1}{2}$  pound veal cutlet, 1 sweetbread or some lamb's breads, 2 kidneys, 1 set of brains, 1 aubergine or artichoke, 1 cauliflower. Blanch the cauliflower, thoroughly cleanse and press the sweetbreads and brains, cut all into thin slices, season, dip in warm butter, and flour twice. Sauté these in separate pans in liberal butter, and serve straight from fire in hot dish, adding the juice of a lemon to the butter, and straining it on to the assembled parts. Garnish with quarters of lemon. These ingredients could be served crisply fried in oil if preferred, instead of cooked in a sauté pan, but the first is a more savoury luncheon dish.

**FOR 4 PERSONS.**

§ The ingredients of this dish are very variable and may consist of only three or four of the above ingredients.

§ It is very important that all ingredients are of the best quality and cut in thin slices.

*Zabaione*

(An Italian sweet to be served in six pretty tall coloured hock or long glasses).

Break the yolks only of 6 fresh eggs into a bain-marie. In another pan make a thin syrup of 8 lumps of sugar soaked in a large tablespoonful of Marsala or any wine preferred, boil quickly and pour on the yolks slowly, whisking all over a pan of boiling water for about 10 minutes whilst it thickens and rises. Serve immediately in glasses previously well warmed,

and send round with thin slices of sponge cake dried and crisped in the oven.

§ *Marsala wine is preferable but any other fortified wine such as sherry, port or Madeira will do.*



## 9

## *Home thoughts of Florence and some Tuscan recipes*

**T**O TAX AND TO PLEASE, LIKE TO LOVE AND TO BE wise, is not given to man, wrote Burke, that incomparable artist in the concise expression of great truths, and those who have suffered under the burdens of taxation since the Great War, and experienced the increasing difficulty of adjusting income to expenditure, are apt to think that life is less difficult in the sunny south than under grey English skies. To impoverished poets, artists, and writers, to all those with more past than present, Florence has ever offered the treasures of her beauty, of her sunshine and flowers, at moderate cost and with generous hands; and though ninepence for fourpence is not really easier to find there than at home, it may often take the hopeful wanderer some time to discover this truth. Two such wanderers, having come thus far, decided that it was useless to indulge in vain regrets, for "the gods were right when they forbade Orpheus to look behind". Better far to enjoy the delights proffered so freely on all sides, and to forget for a while, if possible, the sordid limitations of a reduced income.

One of the economists varied her Mornings in Florence at

the shrines of Giotto and Fra Angelico, of Botticelli and Michael Angelo, with others spent in a delightful "cucinetta" under the guidance of a smiling adept, who revealed the mysteries of Pasti and Legumi, of Minestrone and Frittura, of Insalata and Dolce, with obliging charm.

There is no hunger like that engendered in picture galleries, no fatigue comparable to that of the conscientious sightseer after prolonged contemplation of the world's masterpieces. Let us recapture, if may be, some of those simple Tuscan dishes offered to exhausted culture in exile, but equally enjoyable whether there or here.

First let us, like the cheerful windmills bickering across the valleys in R. L. Stevenson's earliest journey to the Lowlands, engage ourselves "in the happy occupation of making bread." Not that bitter bread of exile known to the poet, but that agreeable form called *Panettone*, so greatly enjoyed by Mr. and Mrs. Robert Browning at sunny breakfasts in Casa Guidi. And if you wish to be truly Florentine, you will also learn to make, and like, *Grissini*, which can keep a hungry man nibbling patiently whilst the *Polenta* or the *Risotto* of his choice takes on the finishing touches preparatory to its savoury advent, heralded by the encouraging prelude: "*Restono serviti, Signori, buon pranzo!*"

#### *Panettone*

$\frac{1}{2}$  ounce dried yeast; scant  $\frac{1}{2}$  pint warm milk; 1 pound flour;  $\frac{1}{2}$  teaspoon salt; 8 ounces (or less) butter; 3 eggs; 4 ounces sugar; 4 ounces raisins; grated rind of 1 lemon; 2 tablespoons crystallised lemon or orange peel.

Pour warm milk over yeast and whisk with 1 teaspoon sugar until dissolved. Leave for 10 minutes until mixture sponges and becomes foamy. Sieve flour and salt into a basin, make a well in the centre and pour in yeast mixture with 1 egg and a little melted butter. Add extra milk if necessary, to make

a soft dough. Beat well. Cover with a cloth and stand in a warm place all night to rise. In the morning, when it should have risen well, add remaining melted butter, 2 beaten eggs, sugar, raisins, lemon rind and peel. Turn out on to a floured board and knead well until smooth. Make this into a round flat loaf. If the dough is not stiff enough to keep in shape confine within a metal ring some 9-inches across. Leave in a warm place until double in size. Make a large cross on top, brush with white of egg and sprinkle with sugar and flakes of butter. Bake in a fairly hot oven,  $375^{\circ}\text{F}$  or Gas Mark 5, for 30-40 minutes.

§ *If fresh yeast is used, use 1 ounce.*

§ *The panettone may be iced with lemon glacé icing while still warm.*

### *Grissini*

Half a pound of flour and a pinch of salt,  $\frac{1}{2}$  ounce butter and saltspoonful baking powder. Put these in a basin and mix with boiling water, not very moist. Then turn out and knead well until quite smooth, and roll with hands into sticks about the thickness of a cedar pencil, and some 9 or 10 inches long. Bake in a moderate oven until quite hard throughout which takes a long time. They should be crisp and biscuit-coloured and are served in dozens with bread, in baskets, abroad.

### *Polenta au Gratin*

Into  $1\frac{1}{2}$  pints of boiling water (salted) scatter about 8 ounces of fine polenta or maize flour. Boil for 25 minutes stirring continually. Add 2 ounces butter and some 2 ounces of Parmesan cheese. Spread this on a buttered baking sheet. When cold cut into rounds the size of a wine glass; brown the rounds of polenta in butter on each side in a frying pan. Lay

them just overlapping in a buttered fireproof dish, with grated Parmesan and nut-brown butter poured over, and finish in the oven. Serve very hot. If preferred, a creamy cheese sauce can be poured over the polenta rounds and put into the oven to brown. FOR 5 PERSONS.

§ *Polenta is made from maize flour and can be bought in shops stocking Italian groceries.*

§ *Use a thick heavy saucepan to make the polenta and stir all the time during the cooking.*

§ *Nut-brown butter is butter which has been heated to a light golden colour.*

### *Chicken Risotto*

Put into a stewpan 2 cups good stock, preferably veal, 1 cup rice (Italian for choice). Cook slowly with a pinch of saffron tied in muslin, to be removed when rice is cooked. Take a small onion cut into dice and fry in butter, with a couple of skinned tomatoes, or some mushrooms cut in slices and fried. Add 4 ounces grated Parmesan. Add all these to the rice with a walnut-sized piece of butter, stirring all carefully together and add salt to taste. If too stiff add a little more hot stock. Scraps of white chicken cut in shreds, or their livers fried in butter, can be placed on top of the risotto. The Milanese add beef marrow and white wine; the Neapolitans season with pounded prawns and garnish with lobster. Fragments of pork or of truffles can be brought to the service of this dish, whose infinite variety need never stale with custom. FOR 4 PERSONS.

§ *Alternatively pound 3 or 4 filaments of saffron, soak in hot stock and mix into the risotto near the end of the cooking.*

§ *The rice may be fried in butter with the onion and then the stock added, if preferred.*

*Chestnuts Mont Blanc*

Italians are fond of sweets, but unimaginative in their preparation. Here is a delicious one, for which the chestnuts of Vallombrosa yearly patter to the ground in their thousands.

Take of them roasted and peeled, 1 pound and put in a stewpan with vanilla pod,  $\frac{1}{2}$  pound sugar, a little milk and  $\frac{1}{2}$  pound of best chocolate. Cook slowly until soft. Rub through a coarse sieve into a basin-shaped mould well sprinkled with grated chocolate. Turn out, and mask to whiteness with thinly whipped sweetened cream. Serve cold on a silver dish. FOR 4-6 PERSONS.



10

*Some breakfast-time suggestions—I*

**B**REAKFAST IS THE MOST DIFFICULT MEAL OF THE day, whether from its social or its culinary aspect. Many of us feel like that man who, meeting a bore, said, "If you have got anything to say to me I wish you would kindly say it to somebody else". Our reluctant consciousness, but newly returned from a dream world, shrinks from all but the gentlest contacts. "Praise me not too much," as Odysseus said to Diomed, "neither find fault with me at all," and the greetings of melancholic and dissatisfied individuals can, like the cry of the curlew in Miss Barlow's Irish idyll, set our whole mental landscape into a minor key for the rest of the day.

Not that we may permit ourselves too churlish a licence,

as did that misanthrope asked by his talkative barber how he would wish his hair cut. "In perfect silence," came the discouraging reply! Fortunately there are some rare companionships which never come amiss, and their presence, even at the breakfast table, breeds perpetual benediction—some bright spirits who can irradiate the gloom of the most cheerless morning, even as "the lark who meets the rain half-way and sings it down."

A *cordonbleu* cannot be at her best very early in the day; and as for a chef, he will unblushingly delegate his duties to his understudy. It is wise, therefore, to aim at simplicity, but, within its limits, to strive after perfection. Above all things, breakfast must be hot, and many breakfasters resemble Belconan the West Indian, who said of himself: "No one sins with more repentance, or repents with less amendment, than do I." That long metal food-warmer with spirit lamps known as "the Sluggard's Delight", whereon porridge, coffee, and hot dishes can be kept palatable, is a great help. Insist on a hot water kettle of real efficiency, on a tea-caddy which will contain a delicate as well as a pungent blend of tea, more than one tea-pot, and a small saucepan over a spirit lamp for boiling eggs, with an hour-glass standing sentry near by. Readers of Jane Austen will remember Serle's unrivalled success in this minor art, and can emulate his skill. The French prefer eggs boiled in water rising from warm to boiling, instead of rushing them through by our rapid three minutes' process. But this claims perhaps overmuch attention from a busy hostess. Good coffee may come from Arabia or India, from the Blue Mountains of Jamaica, or via France with an admixture of chicory; but its flavour and excellence will be derived from daily careful roasting and grinding, a truism universally admitted and habitually disregarded. A fireproof jug of ample proportions with wide ventilated top should keep the milk hot without boiling over; and if you can persuade your kitchen to follow what used to be a universal practice in the northern coffee-drinking countries, your day will begin pleasantly.

*Frothed Coffee*

Take 2 large tablespoonfuls of cream and froth it well with an egg-whisk, and pour it on top of the hot milk just before serving. Each cup will get some of the foaming milk and both look and taste the nicer; and for a thin or specially deserving individual a spoonful can be surreptitiously skimmed off to cream a favoured cup. Having experienced this, you will not again sit down under the thick heavy blanket of scum which embarrasses all and disgusts many.

Toast, to be good, demands a glowing grate, a handy toasting-fork, and a patient watcher—counsels of perfection indeed, for the ideal rack is like friendship and the immortality of the soul, almost too good to be true. An anxious bride, humiliated by the sort of toast only a starving sparrow could relish, wrote to one learned in such matters, asking for a trustworthy recipe. “Cut a slice of bread, hold it before the fire, and say incantations,” was the unhelpful but only advice vouchsafed. An electric griller can be used successfully by those who can successfully use such contraptions, but the elemental toasting-fork, the patient watcher before the fire, and a go-between, with the honour of the house at heart, are really the truest solution.

Here is a tried recipe for *Brioches*, very popular last summer on a big steam yacht, and worth the little trouble and practice required, especially for those of Continental breakfast habits.

*Brioches*

Take  $\frac{1}{2}$  pound flour, 3-4 ounces butter, 1 ounce sugar, pinch of salt, 3 eggs and 1 ounce fresh yeast. Mix yeast with 5 tablespoons warm milk. Weigh the flour and put one quarter of it in a basin. Add yeast mixture and sufficient extra tepid milk to mix into a light dough. Put aside to rise for ten minutes. Put the rest of the flour into a basin, make

a hole for sugar, eggs, and salt beaten together, and now mix in the melted butter lightly. When this sponge is ready, add to it the smaller quantity of flour with yeast, knead and leave in a cool place overnight. Next morning form into small cakes of cottage-loaf shape, the lower part as big round as a claret glass, the upper of a sherry-glass size and leave to rise for 15-20 minutes. Bake in a very hot oven, 450°F or Gas Mark 8, for 10-15 minutes. FOR 12 BRIOCHES.

Here is a popular *Marmalade*, that first necessity of the Englishman's breakfast-table, which so perplexed the French commissariat in 1914.

Cut 13 selected Seville oranges into thin slices, removing only the pips; pour 6 quarts of water on, and let it stand 24 hours. Empty all into the preserving pan and boil slowly for 2 hours. Add 10 pounds loaf sugar, and boil up again for 1 hour. Just before taking off add the juice of 2 lemons. If the preserve is required dark and thick, the rind of the oranges should be scraped before slicing them and added with the sugar.



II

*Some breakfast-time suggestions—II*

THE DIFFICULTIES OF THE COMMUNAL BREAKFAST table having been lightly indicated in the preceding chapter, it remains still to consider what further avenues to success might be explored, if that hated phrase can



be forgiven, remembering that "Where there is a will there is a way", truest of all proverbs, except perhaps that "Necessity is the mother of invention".

Having, then, indulged the late comers with ideal coffee, tea of preferred blend, freshly-made toast, perfectly boiled eggs, delicious fancy bread, and home-made marmalade, let us consider how best to comfort those early birds, the bread-winners, school folk, hunters, and sportsmen, who are apt by their premature descent and impatient bell-ringing to disturb the morning harmony of the home. There is nothing like Work, as Mr. Bernard Shaw reminds us (or was it Play?), to make a man or woman really selfish. But with that excellent pacifier, a *Home-cured Tongue*, danger can be temporarily averted and appetite allayed. And here is the recipe from an old-fashioned country house, renowned for its successful preparation. Once experienced, it will be in perpetual session, "by request", on the sideboard, and no understudies in glasses or rolled, out of tins, can supplant this genuine article.

Of common salt 2 pounds, of bay salt 1 pound, of saltpetre 4 ounces and 1½ pounds black treacle. Finely pound the salts and mix with the treacle. Choose two large fresh ox-tongues and rub them well with this mixture, turning them every day in their pickling bath for from 3 to 4 weeks, and letting them lie in the pickle. To be smoked for 2 days in a wood fire chimney before boiling, and steeping with abundant vegetables and herbs, a few cloves and peppercorns, garnished with home-made glaze and a little aspic jelly. The result will repay the trouble, although unfairly, for ever one sows and another reaps.

§ *The smoking process could be done commercially or omitted altogether. Then steep the tongue overnight in cold water. Boil with a mixture of vegetables, bouquet garni, cloves and peppercorns for 3-4 hours depending on the size.*

§ *Allow 4 ounces tongue per person.*

Nowadays breakfast-table providers are so intimidated by the cost of first rate *Hams* that they forbear to venture on any. Let them take courage, and see how good even an inexpensive one can be for human nature's daily food, if it be soaked for from twenty-four to forty-eight hours (according to size), slowly boiled for four hours, and when cold liberally strewed with that dark moist sugar known to the trade as Muscovado, browned with a red-hot salamander, and left to harden.

Of course a really first rate ham, such as the peach-fed Spanish variety, or those excellent but costly brands from Yorkshire, Bradenham, or Cumberland, deserve special treatment in their boiling, such as a bottle of madeira and the addition of vegetables, spices, and herbs. Thus enriched, they should make ceremonial début at a luncheon or dinner-table, accompanied by Cumberland sauce and a skilfully composed salad before appearing at the breakfast sideboard.

At those seasons when tomatoes abound and rashers are dear, a dish called *Chasse* may be welcomed.

*Chasse (Breakfast Dish)*

Collect 1 onion, 6 tomatoes, 3 potatoes, a slice of ham, some grated cheese, red pepper and a pinch of allspice. Fry the onion lightly, add the skinned tomatoes and ham, both cut up small. When these are well browned in a buttered sauté pan, add a little water and the diced potatoes, and cook slowly till these are done. Before serving mix in grated cheese slightly flavoured with red pepper, heat till the mixture is ropey. Pour on a hot dish, and serve with nicely poached eggs on top. If preferred, omit the cheese. FOR 4 PERSONS.

The old familiar breakfast dishes, porridge, eggs, bacon, fish (fresh and salted), kedgeree (dry or moist, curried or diversified with smoked haddock, sardine, or minced anchovy), omelettes (plain or enfolding kidneys, mushrooms, tomatoes, or other savoury fillings), these will always hold their own on our conservative and often monotonous tables. Devonshire cream or potted shrimps may give a welcome touch of variety, and *American Cereals*, such as post-toasties, honey-grains, puffed wheat, or puffed rice, with or without cream, and fruits, fresh in summer, cooked in winter, could be used by young and old more plentifully than they are. Try reinforcing and thereby economizing, your crisply curled best *Breakfast Bacon* with an abundant admixture of yesterday's potatoes, cut in cubes, tossed in bacon fat, and served piping hot. Try *Bananas* skinned and halved across, and again lengthwise, and served frizzling from a buttered sauté pan on fried toast, with perhaps a dash of orange juice added, an excellent and wholesome food for the young. The delicate or elusive guest who breakfasts upstairs in happy *tête-à-tête* with early post and morning papers, will enjoy a slice of melon or half a *Grape-Fruit*, daintily prepared and served very cold and juicy in its own skin. *Prunes*, stoned and stewed to softness, *Apples* baked or made into an appetizing brown purée, with but a tinge of sugar

and a flavouring of lemon rind—these are wholesomer for the sedentary than animal foods, and should give welcome variety. Indeed, apples are proverbially so health-giving that no doctors can be expected to do anything but eat them themselves and discourage that practice in others, especially during an abundance of that unexcelled variety, Cox's Orange Pippin. It is true that in the Oriental legend, Azrael, the Angel of Death, accomplished his mission by holding to the nostril an apple from the Tree of Life; but the story is figurative and the meaning mystical.

How good the old-fashioned Scotch breakfasts used to be, and how hospitable their welcome to the Highlands at Perth Station or on a West Coast steamer! Here is a recipe for *Scotch Scones*, also one for *Quince Jelly*, both from a northern stillroom, birthplace of many remembered good things.

#### *Scotch Scones*

To about  $\frac{1}{2}$  pound flour add a pinch of salt,  $\frac{1}{4}$  teaspoonful of bicarbonate of soda and  $\frac{1}{2}$  teaspoonful cream of tartar, and mix. Rub into the flour a walnut-sized piece of butter and with some butter-milk, or sour milk, make into a moist dough. Roll out, and cut into small rounds if for breakfast, or larger three-cornered shapes if for schoolroom tea, and place on a girdle made hot and sprinkled with flour. Bake till each side is a pale brown. A trifle of sugar can be added to the flour if sweetened scones are preferred.

#### *Quince Jelly*

Peel and cut up the quinces into quarters and put into a preserving pan with enough water to cover them. Simmer until soft and of a pale pink colour, and the water is reduced. Strain through a hair sieve or fine cloth into a basin. Allow 1 pound of sugar to 1 pint of juice. Boil the juice for 20 minutes before adding the sugar, and boiling all together,

removing scum as it rises, for some 20 minutes, or until it jellies when tried on a plate. It should be a nice red colour, and poured into small-sized white jars and covered tight from air.

Put these suggestions, incomplete though they be, into the household kitchen book, establishing thereby a worthy tradition, for the day will come when, in the words of a contemporary humorist, it will be said regretfully, "She was a good cook as cooks go . . . and as cooks go, she went." Nevertheless the law of the kitchen should remain, and at a breakfast table thus furnished, "Good morning" will not be a perfunctory greeting or merely a pious wish, but the assured prelude to a good day.



## I 2

### *Tea-time and some cakes*

**T**WO DIVERGENT SCHOOLS OF THOUGHT CONTEND round the tea table, the one belittling its importance, the other exaggerating its opportunities. They urge opposing points of view, often with an acerbity out of keeping with its temperate hospitality. Sydney Smith was moved to fervent piety as he poured out his third cup, "thanking Heaven that he had not been born before the coming-in of tea"; and readers of Scott will remember in *St. Ronan's Well* the vehemence with which Meg Dods repelled Captain MacTurk's base insinuation: "Me drunk, you scandalous blackguard!" she cried, waving her tempestuous broomstick, "me that am fasting from all but sin and bohea."

Of late the medical profession, reinforced by Fashion and Sport, both calling out for slimness and muscle in their respective votaries, has conspired against the sociable rite with its insidious accompaniments. "What!" they say, shaking a forbidding finger in their costly confessionals, "two cups of tea a day, my dear sir (or madam)! No wonder that you are ill!" "*Le five-o'-clock*" has in recent years established itself abroad, and we shall continue no doubt to enjoy its indulgences in spite of the slight sense of guilt which accompanies and possibly enhances their practice.

For the generation now passing away, tea was only clandestinely procurable by joining the children, and still it seems to have a special charm out of nursery mugs with hot toast made and buttered over the high fender as only Nurse knows how to do it, or shared on the schoolroom hearthrug surrounded by jam-eating clamorous youth, when it tastes so much better than on the gilt chairs accompanied by decorous drawing-room conversation.

During the war years even the office yielded to the allurements of afternoon tea, and the humours of its preparation by flappers, and its enjoyment by their principals, provided the caricaturist and the letter-writer to the papers with much happy inspiration and spiteful suggestion.

Hungry hunters and shooters, triumphant and bemired from the chase, love to quench their thirst and spoil their dinners under the stuffed heads in the great hall, and golfers and fishermen to magnify their exploits amid the miscellaneous companionship of the hotel lounge. All these confess the hour with grateful pleasure, but the true spiritual home of the teapot is surely in a softly-lighted room, between a deep armchair and a sofa cushioned with Asiatic charm, two cups only, and these of thinnest china, awaiting their fragrant infusion, whilst the clock points nearer to six than five, and a wood fire flickers sympathetically on the hearth.

George Herbert, in his poem beginning "Content thee, greedie heart!" reminds us with superfluous cruelty that we



cannot "both eat our cake and have it", and though to try is as human as to fail, we should at least ascertain what our cake is made of and weigh carefully all its ingredients before deciding which we will do with it. Here is one called *Caraway Tea Bread* baked specially for the Nursery, which grown-ups will do well to visit on its afternoon début.

Three teacups of flour, 2 teaspoonfuls baking powder, 1 teacup caster sugar, 1 large dessertspoonful ground caraway seeds, 1 egg, 3 ounces butter and 1 teacupful of boiling milk. Mix flour, baking powder, and sugar, rub in butter, mix the milk warmed with the beaten egg and the ground caraway seeds. Knead quickly into a flattish brick-shaped loaf or cake, and bake 20 minutes in a hot oven.

To be eaten fresh with a little butter.

§ When using a teacup for measuring use the same one for each ingredient.

For the hungry Schoolroom, when friends come to tea, here is an excellent *Stollen Cake*, and if treated more lavishly in the matter of candied peel and raisins, there is no board it might not suitably adorn.

One ounce fresh yeast; 4 tablespoons warm water; 1 pound flour (8 ounces extra flour); 1 teaspoon salt; generous  $\frac{1}{4}$  pint warm milk; 4 ounces butter, melted; 2 eggs, beaten; 4 ounces sugar; 5 ounces stoned raisins; 4 ounces currants; grated rind of 1 lemon; 2-4 ounces candied peel; 2 ounces halved almonds and beaten egg.

Dissolve yeast in warm water. Sieve flour and salt into a warm bowl. Pour yeast mixture and warm milk in centre—mix well. Place the dough in a warm place to rise for an hour.

Mix the melted butter, eggs, sugar, fruit, lemon rind and candied peel. Add to the risen dough together with up to 8 ounces extra warm flour—dough should be soft—knead well. Put back to rise for an hour. Place dough on a baking sheet, making it into an oval flat shape. Fold one half over, brush with beaten egg. Strew with halved almonds and sugar. Bake in a hot oven, 400°F or Gas Mark 6, for 45 minutes. Sprinkle with icing sugar when baked.

§ If you are using dry yeast instead of fresh use half the amount i.e.  $\frac{1}{2}$  ounce, and activate according to packet directions.

Here is something for the dyspeptic guest who never eats anything at tea, followed by something for the robuster one who occasionally eats too much.

#### *Brown Flour Biscuits*

Half a pound brown flour, 6 ounces butter, a pinch of baking powder and another of salt. Rub together, mix with milk, roll out thin, cut in wine-glass-sized rounds. Bake 5 minutes in a hot oven.

*Super Chocolate Cake*

Half a pound of fresh butter beaten to a cream, 7 eggs (yolks and whites beaten separately, and the whites stirred in the last thing),  $\frac{1}{2}$  pound best vanilla chocolate grated and heated in oven, then beaten up in the butter with 3 ounces dried flour,  $\frac{1}{2}$  pound sifted sugar, 4 ounces ground almonds and 1 teaspoonful of sal volatile. Bake in a slack oven, then ice with soft icing flavoured with maraschino. If ingredients are thoroughly beaten up it will be very light.

- § Break up the chocolate and melt over hot water, if you prefer.
- § Bake in a warm oven,  $325^{\circ}\text{F}$  or Gas Mark 3, until firm to the touch.

Lest this last calls for a reproach from the thrifty, here is a nice useful cake suited to the Rector's 5 o'clock call, or the ladies of the local political organization in conclave, and good for the office luncheon tin or the fishermen's basket next day.

*Wardley Cake*

Half a pound ground rice,  $\frac{1}{2}$  pound flour sieved with  $\frac{1}{2}$  teaspoonful bicarbonate of soda,  $\frac{1}{2}$  pound butter,  $\frac{1}{2}$  pound caster sugar,  $\frac{1}{2}$  pound crystallized or glacé ginger, a few glacé cherries,  $\frac{1}{2}$  pint milk. Warm the butter and milk, and add them to dry ingredients, mixing well. Bake at once for from  $2\frac{1}{2}$  to 3 hours.

- § Bake in a warm oven,  $325^{\circ}\text{F}$  or Gas Mark 3.

As a final suggestion, here is a sand-cake for a syren's tea-party of two. It was known in the Vienna of happier days as a *Venus Torte*, and might be served with honey-dew and the milk of Paradise when procurable.

Clarify 1 pound butter. When cold beat to a cream, add 12 ounces sugar, 1 pound potato flour (sieved), 4 whole eggs

and the yolks of two and the zest of 1 lemon. Beat well—it should form bubbles. Bake in a buttered and finely bread-crumbed baking tin in a moderate oven. Halve these quantities for a small cake.

§ To clarify butter see p. 102.

§ The cake should be firm to touch when baked.



13

### *A little dinner before the play*

ONE OF THE COMPENSATIONS OF AN ANNUAL RETURN to the city after summer holidays and to the more serious life of the winter months is to be found in the wealth of good things offered for our improvement and relaxation as the long evenings close in. In the words of Mr. Kipling:—

Bar home the door of summer nights  
Lest those high planets drown  
The memory of near delights  
In all the longed-for town.

One of these near delights is assuredly a good play in congenial company after a pleasant dinner. This, to be successful, must be planned with care, and neither timed so late as to produce hurry and consequent irritation, nor so early as to disconcert the busy and encourage the unpunctual. The table must not be served with too many good things, lest they induce

lethargy, nor yet must the tired worker arise hungry and unrefreshed. A course of *Soup and Fish combined*, one satisfying meat or game dish, with vegetables and salad, another merging sweet and dessert into one—this will be more acceptable to eager play-goers as well as more considerate to any elders of sensitive digestion and leisurely habit than the customary more protracted meal, and should admit of perfect and unruffled service.

### *Souchet of Slips*

Allow one slip for each person, skin and trim off sides and head. Put the trimmings into enough good stock for number required, add some finely cut vegetables, and let simmer gently for 20-30 minutes. Strain through fine muslin. Prepare a julienne of carrots, turnips and leeks. Stew in butter until cooked. Add these to the clear soup and *simmer* gently altogether for half an hour or so, the slips meanwhile to be placed in a fireproof dish and poached in salted water. When ready to serve, boil up soup, pour into a hot tureen, adding the slips drained from their water. Serve together in soup plates with horseradish-cream sauce, and brown bread and butter going round at once with it.

§ *Slips are tiny Dover sole.*

### *Cutlets en Robes de Chambre*

Take selected lamb or mutton cutlets. Grill them lightly (about 10 minutes) and leave to get cold. Take some good stock and mix in a little tomato purée. Add fine cut ham or tongue, or both. Spread some of this thickened sauce on to each cutlet, and wrap them round with a jacket of lightly-made puff pastry. Cook them in a brick oven till nicely browned. Serve very hot on a long narrow dish, accompanied by the same sauce, only less thick, in a sauce-boat

and by a pile of French beans or peas, '*à la crème*'. Sharing another long dish with a purée of mashed potatoes—not that stiff and tasteless compound so often offered, but the French variety made by boiling and draining the potatoes, and then mashing them in a saucepan lightly rubbed with a clove of garlic, and mixed with a liberal amount of butter, and either boiling milk, or, as some cooks prefer, with a little stock from the soup-pot, which makes it a little browner; and this need hardly be thicker than a well-made apple sauce. Another method would be to boil a Portuguese onion very soft, and beat it hot with four times its weight in potatoes, adding cream, butter, pepper, the yolks of 2 eggs, and salt, and pass through a sieve. Make this mixture into round golf balls, and flavour with salt, pepper, and chopped parsley, brush with egg and fine stale crumbs, and brown in the oven on a buttered tin, and serve on the same dish as the green vegetables.

§ *The chops will take about 20-30 minutes to cook in the pastry jackets. Bake in a hot oven, 400°F or Gas Mark 6.*

If lighter nourishment be preferred, a fat *Quail* cooked and served inside a puff-pastry jacket, the legs just peeping out, should emerge moist but done to a turn, and accompanied by a salad of blanched endive surrounding a sparingly sweetened compote of Russian cranberry. Or, as an alternative suggestion, choose *Bécassines Flambées* (*Snipe on fire*).

Allow a bird to each guest. Serve on a silver or metal dish, perfectly roasted, and sitting each on a toast lightly fried and spread with the liver, etc., well pounded. Outside the serving door let a couple of tablespoonfuls of brandy, previously warmed in a small casserole over a spirit lamp, be set alight and poured flaming over and around the birds just as they come to the table.

Crisp potato straws or thin fried rounds of Jerusalem artichoke and a salad of celery shredded and enriched by

cream, and surrounded with watercress or lamb's lettuce, should accompany this dish.

§ *Snipe are usually hung from 5-8 days. Leave the head on, remove gizzard and truss bird using beak to hold it in place. Leave the entrails ('trail') in the bird. Wrap in a bard of fatty pork. Roast for 10-12 minutes, in a hot oven, 400°F or Gas Mark 6.*

§ *Pound the liver of the bird with a little chopped bacon, olive oil, mustard, lemon juice, salt, pepper and a little brandy.*

To combine the sweet and dessert courses into one, a fruit dish seems desirable, and a nice looking *Pine-apple* with a decorative top might be chosen, the upper end sliced off so as to give an adequate opening by which to scoop out the fruit and juice and make of them a delicious cream or water ice as preferred, in the approved manner, and this can be served inside the pine-apple standing upright, its top being replaced for its first introduction to the party. With this, send round an ample shallow cake covered with soft icing, well flavoured with maraschino and decorated with glacé cherries or some preserved cubes of pine-apple cut in half. If liked, the cake might have a layer of soft icing inside as well. An alternative suggestion, if ice is not desired or pine-apples are too expensive that day, might be to choose some large seedless juicy oranges, one for each guest, removing the top and with it an inch or more of the fruit, which must be all scooped out, cut and shredded small, and returned to the lower and larger half of the orange, minus pith or pip, and plus a syrup of the juice enriched with curaçao or sherry. A thin meringue mixture, replacing their own top halves, and lightly coloured in a quick oven, then left to cool, will bonnet them attractively, and a short sojourn in the ice-box give them a refreshing chill. With these might come in a flat sponge, or similar cake, flavoured with orange-flower water, and roofed over with a soft icing—this also orange-flavoured with rasped rind, and decorated with candied orange rings cut up.

There should still be time for a perfect cup of coffee and a possible liqueur, and, most desired of all by many, for a good smoke, without which there will be no social fire. Warmed thus and fed, the play-goers will be attuned to enjoyment and ready to appreciate each other, their dinner, their play, and their hostess, "and so to bed with great contentment."



14

*A little supper after the play*

THERE IS A SHARP CLEAVAGE OF OPINION BETWEEN the pleasure-seekers who prefer a reinforced tea or a stirrup-cup of soup and a sandwich before an evening's entertainment, with prospect of supper to come, and those who will have the accustomed meal at 6, 7, or 8, and "won't wait." The hour when the play begins, the claims of the working day, and the locality of the home are the deciding factors. The restaurant has its drawbacks, and those are fortunate who can command, especially in winter, a pleasant meal by their own firesides, with no anxiety in the matter of procurable drinks, no waiting for disengaged tables, no apprehension as to adequate ready money for that unknown quantity the bill, that embarrassing problem, the tips. Few households can cope with the preparation of a hot meal late at night, except as a very occasional dissipation, but with one servant in attendance there should be no difficulty in arranging for a good supper with a marmite of soup kept hot on a metal food warmer or spirit lamp. This recipe is a comforting one, and suitable for a chilly night:—

*Consommé à l'Indienne*

Put into a stewpan a quart of good stock, slice into it 2 onions, 1 large cooking apple, a tablespoonful of desiccated coconut, a dessertspoonful of curry powder (or more if it is liked hot), and the carcase of a roast chicken, rabbit or game bones and let simmer gently for one hour. Strain and remove the fat. Clarify the soup in the usual manner. Reboil and serve with pieces of game or chicken in the marmite, and a very little plain boiled rice, also kept hot, to be added to each portion as it is helped. FOR 4-5 PERSONS.

A long dish of oysters is universally popular with men, but oysters must have first-class references and be freshly opened, and served very cold, with brown bread and butter, red pepper, lemon quarters, white vinegar handy. Women often find it more blessed to give than to receive their proportion of 4 to the male 6, and these are perhaps easier to have very good at a first-rate restaurant or oyster bar than at home late in the evening. A good alternative is a cold *Lobster Soufflé*, prepared and served up just before the cook goes to bed. This recipe is excellent also for summer luncheon parties, or as an extra course at dinner.

*Lobster Soufflé (Cold)*

Choose a cooked lobster weighing a little over 1 pound. Take all the flesh from the shell, saving fair slices of the best parts for decorating the top; pound very finely, and mix very gradually with  $\frac{1}{2}$  pint whipped cream and  $\frac{1}{2}$  pint Velouté sauce. Season to taste. Pound the shell well, and add a lump of butter, and simmer on the fire with about 2 tablespoonfuls of milk. Strain through muslin, and add when cold to the cream and lobster. Melt 1-2 thin leaves of gelatine (about  $\frac{1}{4}$  ounce) and stir into the lobster cream.

Have ready a round white china or silver soufflé dish with crisp shredded lettuce, hardboiled egg, bits of skinned tomato, a little thin mayonnaise sauce passed through it all, reaching half-way up the dish, and put above this foundation the mixture of lobster; and when set put over a thin layer of aspic jelly slightly pink with cochineal and the selected pieces of lobster, and serve very cold with bread and butter. **FOR 6 TO 8 PERSONS**

§ *If leaf gelatine is used, break it up, cover with cold water and leave to soften for 20 minutes. Drain and put in a small pan with 2 tablespoons water and warm gently until dissolved. With powdered gelatine, the procedure is the same but preliminary soaking is unnecessary.*

For the *pièce de résistance* try a *Chaud-froid de Volaille*, made with the best parts of 2 chickens, or 2 pheasants, or a small turkey. These should be cut up, after boiling, into fillets or neat helpings, and when cold enriched with a spreading from a tin of purée of foie gras, or the remains of a terrine; and if there are any truffle peelings available so much the better. Lay these fillets on a long silver or metal dish, mask them thinly with liquid aspic, with more finely-chopped aspic at the ends as a garnish. Between each fillet arrange upstanding sheaves of uncooked celery, finely cut and encouraged to curl so that it looks in shape like a shock of corn ready to be carried, and is white with cream well whipped and seasoned with salt and pepper and a drop of tarragon vinegar. Any other cold salad garnish of single lettuce leaves or small skinned tomatoes could embellish this dish.

For sweets nothing is nicer than this specially good *Orange Jelly*. Not that stiffly moulded, colourless, and acid variety so usually and deservedly rejected, but soft and shapeless, of the colour of a blood orange, and really tasting of the fruit, served in a large shallow glass dish, and accompanied by another dish containing a fresh *Compote of Oranges* made in the approved way, the fruit uncooked, all pith and pip removed, and a hot

syrup of sugar and juice poured over the orange segments and allowed to cool.

*Recipe for old-fashioned Orange Jelly*

Half a pound loaf sugar, 18 oranges, 2 lemons and 1 ounce gelatine. Boil the sugar and a little water to a syrup, pour it boiling hot on the thinly peeled rinds of 2 oranges. Squeeze the juice of all the oranges, pass through a silk sieve, add the dissolved gelatine and syrup and a few drops of cochineal, pour in to a glass bowl and allow to set.

With this jelly and fruit have a plate of long thin caramel biscuits which are generally purchased at a costly confectioner's, but are not difficult to accomplish at home given one in the kitchen who can make good pastry. FOR 6-8 PERSONS.

§ Choose the small, juicy, thin-skinned type of orange for the jelly.

*Caramel Biscuits*

Make some light puff pastry and roll it out in caster sugar instead of flour, and cut it into long narrow shapes, some 6 to 8 inches long and 2-3 inches wide. Bake in a moderate oven very brown and crisp and blistered, and rather sticky, like brandy snaps.

As regards supper drinks, it rests with the host whether champagne or sparkling moselle, white wine, whisky and soda, or temperance drinks such as orangeade or dry gingerale and cider mixed, be provided. The male oyster-eater would welcome a glass of porter with that course, whilst feminine taste would go in the direction of Chablis. Some good cigars and cigarettes, a bottle of liqueur, and some sweets should not be forgotten, and will promote the success of the evening.

Of course the prudent and far-seeing would eat and drink none of these things: they would partake of a cup of hot Benger

#### *A WINTER SHOOTING-PARTY LUNCHEON*

by their own bedsides. But, then, these suggestions need never have been written, and the evening would assuredly have ended but tamely—"Eudaemonia (Happiness) is a good daemon," said the Ancients, and a wise poet of our own day (John Masefield) bids us—

Best trust the happy moments—what they gave  
Makes man less fearful of the certain grave,  
And gives his work compassion and new eyes—  
The days that make us happy make us wise.

*P.S.*—Don't forget some hot Bovril and sandwiches for any motor-men waiting to take the guests home; you will thereby be doing as you would be done by, and the supper-party will be the merrier and more prolonged.



15

#### *A winter shooting-party luncheon*

THE SUCCESSFUL ORGANIZATION OF A SHOOTING-party luncheon away from home calls for forethought and preparation if the occasion is to be one of unruffled enjoyment, and some quiet staff work before the business of the week begins will lessen the strain on kitchen and pantry, already taxed by the requirements of a house party. "The fussed shall be last, and the last shall be fussed", as a wise old nurse was wont to observe soothingly to her charges, restive under the rival claims of cleanliness, punctuality, and pleasure.

It may probably be necessary to provide for some ten or twelve luncheon guests, as, given suitable conditions of



weather, and place, the five or six guns will be joined by the women of the party, and there will be, in addition, keepers, beaters, and loaders. Beaters have large meat sandwiches and bread and cheese from the house, or they may, by arrangement considered in their pay, bring their own luncheon, the employer only providing beer. Keepers and loaders are also provided with cold luncheon, and it is convenient to put this into separate named packets, thereby utilizing varieties of cold meat, cake, or cheese, and simplifying the process of rapid distribution. A little consideration for those whose daily fare is often rough and meagre will be greatly appreciated, but the details of this branch of the commissariat are often best settled by the head keeper and cook in conclave, though the knowledge that it is of kindly concern to master and mistress will ensure suitable provision for all. George Sala was wont to tell of one who threw largesse in the face of the poor so rudely that it hurt them, and in their wrath they forbore to return thanks.

In those good old days people refer to regretfully, but are

practically unwilling to recall, the hardy sportsman would make his frugal luncheon from the remains of the ample breakfast table, filling a roll with strange combinations of "left-overs" (as our American friends neatly call them), wrapping up a buttered scone with a slice of ham and a hard-boiled egg, adding a biscuit and a wedge of cheese, or perhaps only a piece of cake and an apple bulging his ample pockets. This iron age was succeeded by the extravagant times preceding the war, and it is for us to cherish still, good habits of moderation. If game must be reared and then shot, at least let the shooting be sportsmanlike and the quantity moderate, and let not the precious gifts of fresh air and exercise be neutralized by over-elaborate feasting. "Good, but simple," should be the keynote.

The scene of the shooting luncheon should be for choice under cover in cold weather—a keeper's cottage, a farmhouse parlour, a forester's lodge, or a conveniently placed summer-house of wood and thatch, dedicated to such occasions, where necessary equipment could be kept. Stores and camp furnishers nowadays have a wide choice of portable tables, benches, and camp-stools. Roomy fireproof pots and dishes, with covers, unbreakable plates and cups, nests of metal or horn tumblers fitting into each other, a wooden bowl for baked potatoes, and large Thermos flasks for hot coffee are necessary. For those who don't possess fitted luncheon baskets, two large rolls of silver aeroplane cloth—one for knives, the other for spoons and forks—will be found convenient, and if divided up, bound and tied with bright worsted braid, each article can be readily slipped in and out of the stitched-down divisions on their inner sides. The same cloth, recently bought by many when it glutted the market, would suitably cover the table, and be easily sponged clean and folded; or a length of bright French cotton check, with napkins to match, looks nice: no dainty table linen or silver. Autumn fern and beech leaves give a touch of beauty, or a gay basket, as made and dyed in many a local village industry, holding a bunch of

spindleberry or butcher's broom, of forest evergreen or Christmas holly, is more "in the picture" than any more elaborate decorations.

Some suggestions, neither novel nor elaborate, since the occasion hardly calls for such, but possibly of use to hostess or cook beset by many conflicting claims, are offered. For the main dish a big brown marmite, piping hot from a hay-box, or warmed up on the cottage fire, the contents fresh neck of mutton or lamb, with potatoes and small pickling onions; or, alternatively, a hotpot of game or poultry with celery, peeled chestnuts, and a milky gravy, flavoured with Worcester sauce or mushrooms, together with a bowl of jacketed potatoes and a casserole of baked beans. A good recipe for these and for a cold game pie is given, both always useful. Jam or spiced apple puffs, covered-in cheesecakes or mince-pies, are an easy second course to serve and consume; while a little truckle cheese or wedge of gruyère, with butter and lettuces or celery, and a tin of mixed plain biscuits hotted and served up crisp in their tin home, and a sportsman cake should be included. A brass dish of apples and pears makes the perfect centre-piece, and to comfort the chilly, slip in perhaps a box of dry Chinese ginger or some peppermint creams.

Shooters are thirsty folk, and will welcome a long draught of light beer, cider, or ginger ale; the old-fashioned may prefer claret or whisky with soda, and a modest flask of cherry brandy would be guiltily appreciated. Lock up the port till dinner-time, if good shooting be desired, but bring the cigars and cigarettes—the pipes will take care of themselves.

### *Game Paté (1)*

Take the flesh of a hare and cut into pieces the length of a finger, take the same weight of veal, or of chicken or pheasant mixed with veal, without fat or skin. Take 1½ pounds of sausage meat, and mix with the liver etc., of the hare previously chopped small. Put pepper, salt and a little thyme

#### A WINTER SHOOTING-PARTY LUNCHEON

and a bay leaf with a thin layer of stuffing at the bottom of a large earthenware game pie dish. Put pieces of hare, veal, game, a slice of ham, a layer of stuffing, pressing the whole down well, no empty spaces left. Repeat till all meat is used, covering with a slice of ham or bacon, adding pepper, salt, thyme and a bay leaf. Pour on the whole half a tumbler of white wine and 2 large tablespoonfuls of cognac. Close the terrine hermetically, pasting paper round the lid, and place in the oven for some 4 hours. Press and serve cold.  
**FOR 8-10 PERSONS.**

§ *The terrine may also be sealed with a thick paste made with flour and water.*

§ *Stand the terrine in a roasting tin of water and cook in a cool oven, 300°F or Gas Mark 2.*

#### Boston Baked Beans

Soak white or brown haricot beans overnight in cold water. In the morning cook in salted boiling water until tender. Drain, and put them in a deep fireproof dish with a cover. Add good Tomato sauce, slightly thickened with flour and a little onion juice—or, if preferred, use soubise—stirring the sauce in with the beans and cooking in a slack oven, tightly covered, for 2 hours. Serve in the same dish.

§ *Soubise is onion sauce—add 1 large chopped Spanish onion stewed in butter to  $\frac{1}{2}$  pint Béchamel sauce.*

§ *A slack oven is a cool oven, 300°F or Gas Mark 1.*

#### Burnt House Cake

Six ounces of ground rice, 10 ounces flour,  $\frac{1}{2}$  pound each of stoned raisins, sultanas, sugar and butter. Beat butter to a cream with 1d packet of mixed spice and sugar. Stir in ground rice, flour and fruit. Dissolve 1 teaspoonful of bi-

carbonate of soda in  $\frac{1}{2}$  pint of milk, and add to the other ingredients boiling hot. Bake in a moderate oven for an hour.

§ Use 1 level teaspoon of mixed spice.

For some the best hour will come with the walk homewards in a gathering dusk, the winter sunset aflame in the west, and, as Dorothy Wordsworth puts it, “The country very solemn in the last hour of twilight; it calls home the heart to quietness”.



## 16

### *Luncheon for a motor excursion in winter*

“IN JUSTICE TO THE ‘TURK’S HEAD,’ IT SHOULD BE clearly stated that it does no more to cow and discourage travellers than many other provincial hotels in England,” wrote a brilliant modern novelist lately; and a wit of the last century revenged himself for wrongs suffered, by the following impromptu written in a visitors’ book at departure, and no doubt equally true to-day:—

There stands an Inn below the hill, rightly named ‘Pelican’ from its enormous bill.

Similar experiences have suggested to many motorists of late that, until the innkeepers of “this dear, dear realm of England” emulate their foreign competitors in the provision of desirable food at reasonable cost, a home-made picnic may often prove the more excellent way. Tough joints, bluish rabbit or pork

pies, fly-haunted ham bones, black-eyed potatoes, cheese rocky as its birthplace in lovely Cheddar, musty biscuits, indifferent bread and butter, an atmosphere redolent of stale tobacco and beer, attendants haughty, sometimes hostile, generally indifferent until tipping-time approaches—these are not rare and isolated exceptions, but the daily fare of our long-suffering race when they take the road.

Let us, then, get out the luncheon-basket from amongst the wedding presents of a richer age, and, in addition, contrive a small Norwegian kitchen or hay-box to hold a large screwed jar of comforting *Potage à l'Ecossaise* meat, vegetables, and soup combined—a big Thermos for *Mulled Claret*, and a smaller one for *Coffee*. Slip in a couple of camp-stools and a waterproof rug as well as our furs, so that we are not tied to the car or the roadside should some sheltered nook or sunny prospect allure us. Pour a moderately good bottle of claret into a saucepan, with half the rind of a lemon, 12 cloves, a pinch of nutmeg, a tablespoonful of sugar, and let these simmer, but not boil, serving very hot. Once experienced in perfection on a cold day it will not be forgotten, and should serve to warm and unstiffen the motorists without delay, whilst the luncheon is getting itself unpacked.

*Potage à l'Ecossaise*

Put into a large stewpot about 3 pints good light stock. Add some 2 tablespoons pearl barley (previously washed in cold water) and 1½-2 pounds well trimmed neck or shoulder of mutton. Bring to the boil and skim. Simmer for about 1½ hours. Add a carrot, piece of turnip, leek, onion, celery, a little cabbage or 3 or 4 Brussels sprouts and salt and pepper to taste. Simmer for a further 1½ hours. Just before serving check seasoning and add a little chopped parsley and a couple of tablespoons of green peas, or some of those tiny new potatoes which the prudent housewife will have bottled like her gooseberries, or buried in a tin of dry sand for

winter luxury. The 6½d. Bazaar again sells charming quite small square or round white metal tins and nice horn or wooden spoons for the appropriate consumption of this dish.

§ *Dice the vegetables before adding to the soup.*

*Stuffed Salmon Rolls*

First cook a slice of salmon (about 8 ounces) and when cold pass through a wire sieve and mix with a little mayonnaise sauce or whipped cream flavoured with a drop of Worcester sauce and tarragon vinegar. Add a pickled gherkin chopped small, and salt and pepper. Cut off the tops of the rolls or scones, remove the soft inside and butter them sparingly. Fill in with the prepared salmon, place a little shredded lettuce on top, and replace the lid with a thin slice of the buttered inside. A filling of egg and sardine, of minced chicken or game with cream and chopped walnut or beet-root, celery or gherkins, could be substituted, or some picked prawns or lobster with a little chopped aspic and salad. FOR 6 PERSONS.

For a *Winter Cake*, black and sticky with treacle, enlivened by whole white almonds, use this recipe:—

One pound of flour, 1 pound black treacle, 1 dessertspoonful ground ginger, ½ pound brown sugar, ½ pound butter, ½ pint milk, ½ teaspoonful bicarbonate of soda, 4 eggs, a little finely-chopped citron and white whole almonds for top. Mix the dry ingredients together, warm the milk and dissolve the butter in it, beat up the eggs, then add warmed treacle and stir into the dry ingredients, beat well. Bake 1½-2 hours in a warm oven, 325°F or Gas Mark 3. This mixture should be a running consistency before baking, so add more milk if necessary. Bake in a flat brick-shaped tin; or if preferred round and deep, a saucepan will serve.

## LUNCHEON FOR A MOTOR EXCURSION IN WINTER



Finally have a nice little selection for dessert instead of pudding, made up out of the following suggestions. A small cream cheese or Petit Suisse wrapped in a lettuce and some crisp plain biscuits with a tiny pot of red currant jelly (the combination so popular in Duval restaurants), a box of fresh dates or pulled figs, a carton of almonds and raisins, or a little screw bottle of large black French plums, or better still a basket of fresh fruit costing what your purse can buy or your fruit room produce, a handful of glacé ginger cubes or a tin of peppermint creams, and lastly the cup of hot coffee, black or white, tasting as good out of the Thermos as tea tastes nasty. And though there is no fire there can yet be smoke of cigarette, cigar, or pipe, to taste.

Now comes the moment for a gentle "*promenade de digestion*," or stretch across open country with a motor rendezvous at the end, for enjoying the scenery or local architecture, for taking intelligent interest in Roman camp or prehistoric remains, for noting the birds and sharing your food with them, for descending, like the prophet's ravens with the surplus of your

feast, on the nearest road-menders or country children, remembering to ask their acceptance thereof with all the courtesy you can command. Perhaps before you turn home-wards you will collect a few delicate trails of ivy, better taken than left, from some wayside trees, to float in your flat bowl, or a bunch of late autumn foliage or winter evergreen to gladden your town home more intimately than florists' trophies. The nursery might be made happy by a sod of growing daisies from the hedgerow, such as have given great poets thoughts too deep for tears, and which could fill the empty luncheon receptacles, only forbearing to damage wild beauty which is everybody's possession. Such a day might well hold more material comfort and bodily invigoration, more imaginative suggestion as well as some saving to sorely-tried purses, than the hours often spent in stuffy public dining-rooms and crowded hotel lounges, for in the words of Meredith, "when we let Romance go, we change the sky for a ceiling".



## 17

*Country friends to a Christmas shopping luncheon*

**G**OD MADE THE FIRST CHRISTMAS, AND MAN HAS ever since been busy spoiling it. Year by year the propaganda of the shops grows increasingly active; and their suggestions for the keeping of that high feast, including such secular items as dozens of brandy, whisky, and champagne, appear annually more elaborate and incongruous than ever before. Experience leads us, however, to believe that their lavish wares will all be sold and bought, given and

received, cherished or passed on, as in the long tale of bygone years. Country friends flock eagerly to town, armed with lists of the things they are resolute to buy and bestow, and the offer of a house of rest, an hour of respite from their bewildering preoccupations, and an agreeable luncheon will be an act of hospitality gratefully welcomed. It will be the more appreciated if we take the trouble to order such fare as is not readily procurable in the country, for the charm of novelty is a potent one. "What is that delicious little cake?" her late Majesty Queen Victoria is said to have inquired with interest, on being confronted for the first time with a penny bun. For a first course, then, choose a dish of oysters, rarely procurable at their best either at the seaside or in the country, serving them in their own half shells "*au gratin*", if not "*au naturel*."

### *Oysters au Gratin*

Choose the required number of plump native oysters, open, strain off the liquor, and beard them. Wash and dry the shells, butter their insides, shake over some fine stale bread-crumbs, and replace the oyster on a half shell. Cover it with more bread-crumbs, a little of its own liquor, a few grains of red or cayenne pepper, a squeeze of lemon juice, and a very thin slice of fresh butter. Bake 10 minutes in a hot oven, and brown with a salamander. Serve hot with brown bread, butter, and a garnish of parsley.

§ Allow 3-6 oysters per person.

For an alternative, try this *Malay Curry of Prawns*, which should recapture the true Eastern flavour for a Western palate.

1 cucumber, 1 coconut, and 4 large prawns per head.

1. Remove shells from prawns. Put them into a saucepan, cover with milk and simmer for the sauce. Place prawns aside till required.
2. Peel and cut the cucumber into pieces like a large olive,

boil in salted water, strain off and drain when cooked, but not overdone.

3. Drain the milk from coconut, retaining for use at the last, grate a cupful of the white part, pour over some boiling water, and let infuse.
4. Put in a stewpan a piece of butter adding, when melted, a small onion cut in fine rings to fry a golden brown.
5. Add a clove of garlic chopped very fine, a tablespoonful of rice flour, a teaspoon of turmeric powder, one of powdered cloves and cinnamon, a little salt, a teaspoonful of sugar; fry together, then add the strained liquor from the prawn shells, the water from the grated coconut, cook for a few minutes, then add the prawns and cucumber, and let it remain as it is for 30 minutes.
6. Slowly reheat, adding the milk from the coconut.
7. Serve in small brown flat fireproof egg dishes with handles, encircled by plain boiled rice which could, alternatively, be handed separately.

Veal, so tough and dark in its country birthplace, seems to become milk-white and tender in London, where Jewish butchers or French speciality importers produce it in perfection. "There is many a man for whom the devil lies in wait at the kidney end of a loin of veal," said a famous wit. So this might make a suitable dish to follow, and should be carefully braised, a good stuffing tactfully inserted, or added as a garnish in balls, together with some curls of crisp bacon and midget sausages. A moist purée of sorrel and well-browned potatoes would be suitable for the accompanying vegetables.

A *Salad Course* as habitually given now at American luncheon parties might furnish a pleasing variety from established usage and for the central dish a large green bowl containing a mixture of green or sugar corn of the largest shelled variety (as sold in tins by American grocery importers), freshened and flavoured with a little whipped cream, pepper, and red celery salt, and surrounded by pieces of white endive lubricated with oil and

vinegar. Or a fruit mixture might be preferred, such as sliced banana, apple shavings, and white grapes, mixed with some cream and set round with green hearts of lettuce or curly endive moistened with salad oil and lemon juice. With this serve very hot crisp biscuits, of the cracker variety or home-made water ones, and a fresh cream cheese; or try transparent slices of gruyère surrounding a heap of freshly grated roquefort.

In Paris, *Gauffrettes*, or *Waffles*, are always a popular and inexpensive entremet, and the irons with which to make them are readily procurable there. Here waffles are more often seen in the Caledonian Market or in the process of manufacture in the purlieus of the Adelphi than at the tables of the well-to-do, but if made according to the recipe below and speeded from fire to dining table they should meet with the welcome they deserve. Ingredients:—

Sieve 7 ounces of fine flour with 3 teaspoons of baking powder and a pinch of salt. Add 1 ounce of white sugar distinctly flavoured with vanilla pod. Stir in 3 egg yolks, 2-4 ounces melted butter and a generous  $\frac{1}{2}$  pint of milk. Beat gently together. Whip the whites of the eggs separately and incorporate carefully with the other ingredients. Have ready the heated and greased waffle tongs, and fill one side with the mixture. Close and cook on a bright heat till pale brown, serving on a warmed dish with vanilla-flavoured powdered sugar snowed over. Butter the tongs between each waffle, which should take some 2 minutes each to cook.

The accompaniment of a pretty glass jug or dainty bowl with cream lightly whipped, or a sauceboat of hot golden syrup or maple syrup, would be welcome but not indispensable.

§ *Waffle irons should not be washed but brushed clean after use. Some waffle irons should be lightly greased before use; other makes do not require this.*

A compote of fruit might, if liked, be provided as an alternative, and since delicious little yellow *Mirabelles* are rarely seen except in town they might be something of a novelty, and most big Stores produce them in tins or bottles.

After a fortifying cup of coffee, the shoppers will return with renewed zest to their afternoon campaign, and when a Christmas thank-offering subsequently arrives—as it may—receive it in the spirit of Theocritus, who wrote: “Surely great grace goes with a little gift, and all the offerings of a friend are precious.”



## *Cottage hospitality*

THE COURAGE AND CHEERFUL FORTITUDE SO UNIVERSALLY shown by all classes and ages of our country-women became one of the platitudes of the closing years of the Great War; and although this spirit is no longer publicly acclaimed and beribboned as in the limelight days of National Service, many who have come down in the world are keeping it alive by gallant and uncomplaining toil, sweeping the rooms and cooking the dinner, mothering the family and cheering the bread-winner, within those narrow homes whither the vicissitudes of fortune have driven the dispossessed in yearly increasing numbers. Such are not the cottages of gentility with double coach-houses, where the pride that apes humility caused the devil to grin when he took his malicious walks abroad. Rather are they the last entrenchments of those whose treasure is no longer on earth, and who, like a certain gallant and high-born

youth, have been content to take "Ich dien" for their motto and practice. Many such are daily learning to solve startling problems of house and kitchen, of garden and farm, in wholly unwonted surroundings, and in the thick housemaid's gloves and strong brogues which have replaced the 16-button *Peau de Suèdes* and the dainty Court shoes of their luxurious past, are practising the making of drudgery divine. The question of future social relations have, however, to be faced, for our friendships cannot always be inspired and limited by purely geographical considerations. Is it best to make the clean cut, definitely breaking with the old life of hall and hunting field, of town, sport, or watering-place, with all their good comradeship and easy hospitalities, or can we keep as far as may be in touch with our real friends, offering such simple and rare entertainment as changed circumstances permit? Can we not, without overstraining modest resources of storeroom and purse, make adequate provision for occasional friends from town who might welcome a health-giving change to country air from the confinement of the city? Or with the lure of lawn-tennis, skating, or the proximity of golf or river, entice sometimes those whom we should sorely miss permanently out of our lives?

A Frenchwoman recently wrote to her friend describing the ideal valet de chambre she required and begging for help in her quest. Back came the answer: "*Ah! mon amie, si je trouve ton homme, je l'épouse!*" So rash and irrevocable a step should surely prove unnecessary, for the ancient wisdom holds that there are as good fish in the sea as ever came out of the water; and when we seek diligently for the working house-keeper or homely person of middle age, Nature, who is said to abhor a vacuum, may still be trusted to fill it from her countryside. Let us, then, remember the words of General Foch: "*Il ne faut rien prendre au tragique, mais tout au sérieux,*" and consider a few suggestions here offered for mid-day meal or simple supper, all within the compass of any painstaking pair of hands, of any kitchen fire stoked with brains, trusting the

keen country air to furnish the required sauce. Let your dinner ware be gay but cheap, your table appointments bright and unexpected rather than costly. A bowl of winter evergreen, a jar of wild flowers for decoration, home-made bread and farmhouse cream and butter, oatcake from the griddle, and buttermilk scones or potato drops with blackberry jelly, and golden honeycomb if your friends stay to tea, will be "in the picture" and richly enjoyable. For drink at dinner or supper a glass jug of cider or lemonade for those aglow with health and exercise, or a toby of hot spiced beer and rummers by the fireside, if the season be wintry, and they will not ask for wine.

*Potage Maigre*, in a brown marmite.

Take an egg-sized piece of butter, 2 small onions, 1 white head of celery, 1 cabbage lettuce, some finely-chopped parsley, 1 water biscuit, 1 quart milk, and 1 egg yolk. Melt the butter in the stewpan, dice the onions and celery into it, shred the lettuce and add the parsley finely chopped. Cook and shake over the fire for some 15 minutes with the lid on, but don't let it brown. Stir in the water biscuit, finely crushed, add the quart of milk *boiling*, and let all boil gently for 45 minutes. Withdraw adding pepper and salt to taste. Pour this on to the yolk of an egg mixed with a little cream in a basin; stir all together, reheat, and serve in a warmed marmite soup pot very hot. If too thick stir in a little hot milk. FOR 5-6 PERSONS.

§ Do not allow the soup to boil once it has been mixed with the egg yolk and cream.

*Chicken Pilaf*

Put into a stewpan 4 ounces butter, 2 medium-sized onions cut into dice, and fry with lid on to a pale brown. Add 1 breakfastcupful of rice, a pinch of saffron tied in muslin (for removal when rice is cooked), and 2 breakfastcupfuls of stock. Cook 30 minutes, add 2 ounces stoned raisins; cook

another 30 minutes, stir gently together, adding pepper and salt. Braise a chicken or pheasant, or even a rabbit, carve into joints, and lay at one end of a long dish—the rice heaped at the other with some tiny well-fried onion rings, and some almonds, split and browned, added to the rice.

FOR 4-6 PERSONS.

§ *The saffron may be sprinkled over the rice instead of being tied in muslin.*

§ *A breakfast cup holds about half a pint of liquid. You may need extra stock if the mixture becomes too dry and begins to stick.*

§ *This pilaf may also be served with roast poultry or game.*

### *Scotch Collops*

Remove fat from 1½ pounds rump steak, or fresh mutton fillet and pass through a mincing machine. Melt a small egg-sized piece of butter in a frying pan, add a tablespoonful of finely-chopped onion and fry a golden brown. Add the minced meat, stirring with a wooden spoon to keep the mince separate. Sprinkle over a little chopped parsley, salt and pepper. When cooked place in a hot fireproof dish, garnish with snippets of fried bread or toast and serve as soon as cooked. It only takes about 10 minutes to cook the collops which make excellent food for children and convalescents.

FOR 4-5 PERSONS.

§ *Make sure that the mince is thoroughly browned in the hot butter before adding the rest of the ingredients.*

§ *You may prefer to add some gravy or stock and a tablespoon of mushroom ketchup to the mince after browning. In this case cook for about half an hour. A dessertspoon of oatmeal is a traditional ingredient of Scotch collops cooked this way.*

### *Creamed Cabbage*

Use no soda in boiling your freshly gathered cabbage. When

half done, cut the leaves apart, shred them, and simmer gently for some 10 minutes in one or two cupfuls of milk to which has been added a heaped tablespoonful of flour dissolved in half a cup of water and worked to a smooth paste, adding one tablespoonful of butter and one of margarine, and a good pinch of salt. Two or three tablespoonfuls of cream would improve this sauce, and coarsely ground black pepper is the best flavouring, added at the last. This improved form of cabbage is welcomed by many who have hitherto looked with hostility on its homely virtue.

§ *The cabbage could be shredded before the preliminary boiling, if preferred.*

§ *One tablespoon of butter or margarine weighs about half an ounce.*

#### *Bread and Butter Pudding*

Cut about six thin slices of bread from a tin loaf. Remove crusts, butter and cut into squares or rounds. Arrange in a nice white buttered dish or ovenproof glass oval. Add a few stoned raisins or well-soaked sultanas, sprinkle with caster sugar. Break 2 whole eggs and one extra yolk into a basin, whisk up, pour on  $\frac{1}{2}$  pint of hot milk flavoured with vanilla and pour this on to bread and butter; then embellish the top with some halved glacé cherries and acorn-sized pieces of crushed loaf sugar. Cook to attractive brownness in a moderate oven for  $\frac{1}{2}$  hour, and serve with fresh cream. Good both hot or cold. FOR 4 PERSONS.

As an alternative for summer, an old-fashioned china bowl of *Junket and Cream* is hard to beat, but its possibilities of tasteless watery insipidity are as great and more familiar than its qualities of delicious simplicity and creamy velvet wholesomeness.

Take 1 quart of freshest milk, and warm it in a stewpan to

blood-heat, some 98°, but not more. Sweeten it with about 2 tablespoonfuls of caster sugar, flavoured with a tablespoonful of rum—or, if preferred, some 6 or 8 drops of vanilla essence—and into this warmed and flavoured milk pour 1 tablespoonful of rennet. Pour all this into the china or glass bowl in which it will be served and leave to cool—say from 11 a.m. till luncheon, or from 4 o'clock till supper-time—in a cool shady place. Just before serving pour over the contents of the bowl a thin covering of fresh thick cream. The old fashion of flavouring a sour watery compound with sprinkled nutmeg can be honoured in the breach but not in the observance; good brown sugar is a welcome addition handed round. FOR 6 PERSONS.

§ Check maker's instructions as to the amount of rennet to be used.  
 § For special occasions serve the junket with sweetened fresh fruit.

N.B.—If parsley should run scarce in the cottage garden, as it often does in summer drought and protracted winter, try green celery tops pulled into small pieces and fried crisp, to eat with your filleted fish or rissoles. It is a most agreeable and surprising substitute.



### *Christmas cheer*

THE GREAT WINTER FEAST OF THE CHRISTIAN faith, falling as it does at the same season as that more ancient festival of the Birthday of the Sun, reminds us that from the time of the winter solstice onwards, a new light

shines and a fresh hope has dawned on a dark world. St. Augustine was wont to exhort his Christian brethren not to celebrate the holy day as did the heathen, on account of the Sun, but on account of Him who made the Sun, and a curious intermingling of customs and rites have survived in our Christian observance of Christmas which dimly recall ancient and half-forgotten beliefs. The magical control of the Sun was vested in certain wizards, who used incantations around their sacred fires, where the rising of the Sun and its increasing power was symbolized in the up-springing of the ritual flames. We still set our plum pudding and our mince pies on fire, explaining the custom by considerations of easier digestion and increased wholesomeness through the burning away of superfluous grease; but really we are, as it were, invoking and placating a mysterious and dimly apprehended power, who may thus be induced to wax brighter and warmer, to consume the clouds and the darkness, and to shine beneficently upon us.

Mistletoe, again, could tell many a tale of fear and imagination, being itself a visible emanation of the celestial fire, and unable to flourish on common soil. Aloft between earth and sky it still grows and blossoms, although no longer guarded in sacred groves by priests and druids. Ornithologists will explain the precise species and habits of those birds who devour the seeds and carry them to these strange propagating grounds in the high forks of trees—“*Il y en a pour tous les goûts!*”

Again, when we decorate our churches and homes with winter greenery, we are carrying on the custom commended by the prophet Isaiah: “The glory of Lebanon shall come unto thee, the fir tree, the pine tree, and the box together, to beautify the place of my sanctuary.” For the ancients held that the vital power of trees and green branches could pass into the garments or the armour hung about them, thereby adding life and strength to the wearers; so wreaths and boughs were brought at special festivals to the altar and hung around the shrine.

Let us, then, keep Christmas with all the time-honoured usages of high festival, and again welcome the *turkey*, with abundant accompaniments of bread sauce and gravy. Let an additional brown fireproof or white metal dish follow it with ample supplies of chestnut darkly braised with good stock, or creamed to a delicious purée with milk and butter. Then will there be room also for midget sausages and tiny crisp curls of bacon, for browned or new potatoes (bottled by the prudent), for grilled mushrooms and little balls of stuffing or precious truffles. These can never all be swiftly or adequately distributed from the one dish. Cranberry sauce can give a suitable variety to the reappearance of the bird cold next day, and here is a good recipe for a *Réchauffé* after the stages of pulled, grilled, and devilled have been passed, or the varieties of *Cuisses en papillotes*, *Vol-au-vent*, or *Emincé* inside souffléed baked potatoes have been enjoyed.

### *Turkey Réchauffé*

Butter a stewpan, add rice and a little stock, put in the oven and bake gently with the lid on till cooked and soft. Put into a charlotte mould with centre space filled in with turkey or chicken, or game remains, pulled into pieces and warmed in a nice Béchamel adding mushrooms if possible. Cover in the mould with rice, and keep in oven till dishing up. The rice should be rather dry, brittle, and brown outside, retaining a soft and creamy mixture within.

§ Allow half the amount of rice to stock.

§ Make sure the stewpan (casserole) is ovenproof and doesn't have handles which could melt in the oven.

Some people like Christmas pudding to emerge dark and rich from an imprisonment of many weeks in the basin. Those who prefer the light-brown, freshly-made, and more whole-

some compound might try this mixture (sufficient for about ten people), known as the

*Enchantress Plum Pudding (as served aboard H.M.S. Enchantress)*

Half a pound each of bread-crumbs, sultanas, currants, raisins, mixed peel, suet, brown sugar, 4 eggs, and the zest of 2 lemons. Mix and steam in the usual way, serving with brandy or orange butter. The pudding will be a nice brown colour, not dark like ordinary Christmas puddings.

§ Fill the mixture into two 1½-pint pudding basins. Cover and steam for 6 hours.

A polite Frenchman, after his first experience of English Christmas fare, said with enthusiasm: “*Ce que j’adore dans la cuisine anglaise ce sont vos petits mince-pi.*” The American version of a large open puff-paste tart encircling a deep pond of mince-meat is an agreeable variant, and can equally have its libation of burning brandy. Some crabbed natures like to express their abhorrence of both these sweets: let them substitute a seasonable

*Macédoine of Dried Fruits and Cake*

Cut into small pieces some glacé cherries, French plums, raisins, citron peel, dates and a few crystallized or glacé French apricots, greengages or pears. Put these into a stewpan with a can of pine-apple cut into small pieces, with the juice added to the other fruit. Let all get very hot, and place on slices of sponge cake cut in rounds fried in butter to a pale brown on both sides. A dash of rum or maraschino flavouring the mixed fruits can be added—the fruit could be piled into a pyramid on a large round of fried cake divided into sections for convenient helpings.

Should that dark plum-cake covered with almond paste and thick icing, whereby the cook expresses devotion to her

family or to her art, be considered too much of a good thing, substitute this *Children's Cake*, made thus:—

*Children's Cake (Pistachio)*

Half a pound of butter beaten to a cream with  $\frac{1}{2}$  pound caster sugar; break in 4 fresh eggs, beating each separately; add gradually  $\frac{1}{2}$  pound flour, then 1 ounce of skinned and chopped pistachio nuts, 1 ounce chopped sweet almonds,  $\frac{1}{2}$  pound glacé cherries, halved, and the grated rind of a lemon. Mix well; bake in a moderate oven for some 2 hours. Cover with soft icing, and decorate with more pistachio.

Fortunately, Christmas comes but once a year, even as the poet, in reflective mood, puts it:

Therefore are feasts so solemn and so rare,  
Since seldom coming, in the long year set  
Like stones of worth, they thinly placed are,  
Or captain jewels in the Carcanet.

Let it, then, be kept by joyful hearts and with rejoicing, and while we have time let us do good to all men.



*Tray food*

**I**LL-HEALTH MAY BE SAID TO RESEMBLE GREATNESS in that some are born to it, some achieve it, and some have it thrust upon them. The number of those who, for



one cause or another must perchance dwell apart, eating the bread of exile, is no inconsiderable one, and in the interests of the invalids—temporary or permanent—of the disabled, of the baby's mother, of the rest-cure cases, of those in quarantine after or before infectious disease, of those recovering from surgical operations, it may be useful to consider how meals, of vital importance to their comfort and restoration to health, may be made more acceptable than they often are. Most of us have suffered during temporary disablement from exasperating trays, all the most important items—salt, pepper, mustard, sugar, bread, milk—omitted, their glass and crockery appointments so ragged and ill-assorted that no nourishment could appear attractive in their company, and the food itself chosen and presented without one touch of the capacity for taking pains which we are told is of the family of genius, and which can outweigh mere culinary skill or lavish expenditure on delicacies.

More attention to the technique of tray meals, then, is undoubtedly called for, and every house should possess

attractive trays in various sizes and japanned in cheerful colours, leaf green, lemon yellow, sunset red, sea blue. Though light in weight they must be spacious, having "a parapide for safety" and being easily allied to the necessary bed table. Also, they should have allotted tray-cloths and napkins in gay and harmonizing effects, their china, glass, and other accessories daintily matched or contrasted. The hot-water plate and cover, companion of those long-drawn-out meals of our nursery days, can be retrieved and furbished up; lustre ware both of silver and gold give a touch of brightness to the tea or breakfast sets; fireproof jugs and dishes of green, brown, or blue, and oven glass in small pie-dish shapes, or round with *cloche* covers for eggs and fish *au gratin*, or mushrooms, vegetables, or cooked fruit, will ensure heat, which is a primary necessity. Of late, jugs constructed on Thermos principles, and commonly used in America for iced water, are on sale in our first-rate china and glass shops, and these adequately preserve the extremes of heat and cold for an unpunctual sick-room, surely a great consideration where sleep often counts more than nourishment. Small food-warming trays, with jugs and toast racks, over a tiny spirit lamp will easily keep toast and coffee hot should its arrival be untimely or its consumption delayed.

Remember that the whole tone of the day can be set into a happy major key instead of into a mournful minor one by the mere aspect of the breakfast tray. A cheerful cherry—glacé or fresh—will render irresistible the skilfully-prepared and iced grapefruit on a hot day; a seedless orange halved and treated in the same way, beautified by green leaves of its own, or the nearest resembling foliage (and even villa gardens can boast a laurustinus bush); a gay pottery saucer of thin slices of banana with brown sugar and cream, a slice of melon, a tiny bunch of grapes, summer fruits in their seasons, and the health-giving apple accompanied by its ingenious little plated corer and wooden platter—all these may render nourishment welcome. A bunch of violets or primroses, a single rose, a sprig of heather, a spray of lemon verbena would bring a reminder

of fresh life and loveliness from the outdoor world. To those bored with tea, coffee, and cocoa, even at their best, the unexpected and clean wholesomeness of well-made *Cocoa Nibs* might be welcome.

Take 2 quarts cold water to a teacupful of unbruised cocoa nibs, and let simmer without boiling in an open saucepan till reduced by a half. Add 1 pint cold water and boil until reduced to half the quantity; add a second pint, and again reduce by boiling; finally add a third pint of cold water, and simmer until reduced to half. Never put on the lid during the process, which will take from 5 to 6 hours. Strain. If properly made it is a beautiful claret colour and free from all bitterness, and should be served with hot milk, cream, and a little coffee sugar.

For the mid-day meal serve as the principal “plat” a nicely cut and fried bread *canapé* some six inches by four inches and one inch thick, and on to this spread a thick layer of well-made purée of chestnut with a couple of stoned and heated black prunes at each corner. On this lay several delicately-cut slices of pheasant or turkey roasted or braised, and a little good gravy poured very hot over it. Or if chicken be the order of the day, make a bed of savoury rice on your *canapé*, enriching it with sultanas steeped in hot white wine or stock, and mixed with almonds split and grilled brown, and pieces of the breast laid on it. Again, slices of goose or duck reposing on a mattress of thick apple sauce above the *canapé*, or partridge breasts resting on softly-mashed potatoes and some mushrooms buttered, grilled, and added piping hot. Even the familiar slice of roast mutton from the family joint would acquire additional merit if supplemented by a creamy layer of mashed turnips, and a nice little pile of capers or a soubise sauce to add zest. All these might appear as off-shoots from the family dinner.

To vary the pudding course, make this *Cutchi*, or savoury custard, good hot or cold, in small round oven glass or white

china individual ramekin cases, and send with it gossamer slices of brown bread toasted brittle in a slow oven.

*Cutchi (Savoury Custard)*

Milk  $\frac{1}{2}$  pint, 3 whole eggs, 2 ounces freshly grated Parmesan cheese, a little mixed mustard, nepaul pepper and salt to taste. Beat well, and steam 20-30 minutes, the water boiling when you put the little cases into the stewpan, but not after.

FOR 3-4 PERSONS.

§ Alternatively pour the custard into small bowls or cups.

§ Always cover the cases or cups with foil or buttered paper so that the condensing steam does not fall back into them. The water should only come half-way up the sides of the containers and on no account must the water boil or the custard will spoil and be full of holes.

Tea-time, the invalid's happiest moment, might produce these little *Quaker Oat Pyramids* which can boast the four modern cardinal virtues of novelty, niceness, wholesomeness, and economy :—

Quaker Oats  $\frac{1}{2}$  pound, butter 6 ounces, caster sugar 5 ounces, 8 drops essence of almonds. Oil the butter, mix the oats and sugar together. Form a well, into which pour the butter and essence. Mix lightly into heaped tablespoonfuls on a specially well-greased baking sheet, and put into a very slow oven for about 45 minutes. Do not remove from baking sheet till cold, else they crumble. The cakes should rise in little pyramids some 3 inches high from a base round as a claret glass rim. Half this quantity will make ten cakes, but as they don't keep well, let nurse or nursery enjoy the surplus.



## *Dance and supper*

THE NEW YEAR HAS ALWAYS BEGUN SOCIALLY with festivities, but surely the practice of dancing has never been so universal and continuous as in the present time. The homes of England, as well as the provincial town halls and newer village institutes, have of late years followed the example of the London restaurants and dance clubs, echoing nightly, and often from tea-time onwards, to the strains of orchestra or jazz band, of pianola or gramophone. Even the churches are showing their widened sympathies by the promotion of dancing and cards within their folds. The admonitions of two widely dissevered counsellors of youth would in these days have been wholly superfluous. "Sacrifices to the graces!" reiterated Plato to his disciples: "Delay not to take the best dancing-master you can hear of," wrote Lord Chesterfield to his son. And could they but revisit the glimpses of the moon, would not they too be enslaved by the prevailing passion, which dominating old and young alike, has transformed the thoughts and habits of busy and serious persons to a surprising extent. The chaperon also is forging her way slowly back to an almost obsolete bench, whence she, too, can join the dance. Eating and drinking—as always where people congregate in numbers—have become a matter of acute interest and urgent effort. "The oldest and youngest are at work with the strongest," wrote the observant Wordsworth; "there are forty feeding like one!" Where space is a consideration, it may be well to organize refreshments continuously throughout the evening,

thus avoiding the special crush inseparable from a definite supper hour with its disappointment and delay; and the musicians, adequately fortified early and late, would only then require brief interludes for refreshment and no prolonged supper interval. Round tables seating eight to twelve, supplemented by quite small ones tucked in where possible, are always more popular than a stand-up buffet; and if tea, coffee lemonade, and ices can be dispensed from a separate tea-room, it lightens the strain on the supper-tables. Here is a recipe for some nice biscuits and for orangeade, the speciality of a famous Parisian restaurateur, for the tea-room.

#### *Cinnamon Biscuits*

Three ounces butter, 3 ounces caster sugar, 6 ounces flour, 1 egg, and 1 teaspoonful powdered cinnamon. Beat butter and sugar to a cream. Mix cinnamon with flour, adding it gradually; moisten this mixture with beaten egg till a stiff paste. Roll out, and cut into cakes with a round cutter; sprinkle with chopped almonds. Put on a baking sheet in a moderate oven.

§ *If the dough is too soft and difficult to handle wrap it in grease-proof paper or polythene and chill before rolling out.*  
 § *Bake the biscuits for 15-20 minutes until firm and pale gold.*

#### *Orangeade*

For every 3 quart glass jug, take the rinds of 2 lemons and 2 oranges, peeled very thin; place these in a bain-marie with 1 dessertspoonful of white sugar to each orange, and bring to boiling-point. Cut 6 oranges and 2 lemons in halves, squeeze and strain their juices into a thick white kitchen jug; add the syrup made from the rinds, etc., and put on ice. Just before serving in a glass jug, add an iced syphon of soda, or soda added to plain water, as preferred. Use



blood oranges when procurable, otherwise colour with a drop or two of cochineal and float 2 or 3 slices of the fresh fruit. Always serve very cold.

On the supper-room tables may be assembled all the most attractive things that can be devised for easy consumption (preferably with fork and spoon) under the alert supervision of one detailed to refresh and replace food and drink before the changing guests. Soup of the clear consommé type should be available early and late, and there is generally a special run on it when the party breaks up: twenty quarts for a hundred guests and twenty-four quarts of lemonade or orangeade would be an approximate provision. A large but delicately made *Quenelle* of cream of chicken or veal, moulded the size of a dessert spoon, with a few peas or vegetables reduced almost to a glaze, placed in the centre of the quenelle, and covered in with a little more of the chicken cream, and poached lightly in water, kept hot, and one slipped into each portion of the consommé when served, gives distinction to the soup. Or

*Clear Tomato Soup* with a spot of whipped cream on a tiny croustade, or *Consommé à l'Indienne*, made with chicken carcasses and lightly flavoured with grated coconut, curry paste, and a few grains of rice, would be a little out of the common run.

Sandwiches can show infinite variety, and the popular kinds are too well known to require description, but here are two sorts, perhaps rather less obvious:—

*Sandwiches—Eggs à la Crème*

Cut round slices, wine-glass size, from a French roll of bread. Boil the eggs hard, pass through a sieve, season with pepper and salt. Then whip some cream and stir in the eggs lightly, spread thickly on the buttered bread, add a soupçon of chopped lettuce or cress, and lay the twin buttered side very lightly over it.

—à la Guyon

The same rounds, spread with shrimp or salmon paste, a slice of peeled tomato cut the long way of the fruit, and made into an oblong sandwich with a sprinkle of chopped cress, are good.

*Cold Cream of Chicken*

Steam or boil a large plump fowl till tender. When cold pound the meat and pass through a hair sieve. Mix with enough cream to make it light, season to taste, add 3 or 4 leaves of gelatine dissolved. When nearly set, pour it into a plain round charlotte or brick-shaped mould previously lined with aspic of the chicken stock, turn out, and serve very cold with a garnish of shredded and creamed celery, or a fruit salad, or chopped aspic and cress.

A similar treatment of lobster makes a good mousse, and

the economist can use whiting for its basis. Both these can also be served in small individual mould shapes, if preferred round a centre of salad. FOR 6-8 PERSONS

§ You could use the electric liquidiser or a mincer with a very fine blade to pound the chicken flesh.

§ If you are using powdered gelatine use about  $\frac{1}{2}$  ounce to 'just' set approximately 1 pint chicken and cream mixture.

### *Macedoine of Fruits*

Large silver bowls of Macedoine made with Bartlett pears, quartered, Cape plums halved, peeled and stoned, and some fresh pine-apple with plenty of claret-coloured syrup is a safe stand-by.

### *Tangerine Jelly*

Take 12 tangerines, 1 quart water, 1 ounce gelatine, and from 6 to 8 ounces of sugar. Treat as for Lemon jelly, with sections of skinned and pipped tangerine showing through the jelly, and a little sprinkling of finely-shredded skin; a small glass of curaçao or yellow chartreuse improves it. FOR 6-8 PERSONS.

A boiled turkey, robed in white béchamel, spotted with black truffle peelings and attended by a sugar-cured ham, can shelter on the serving table till required. Its presence gives confidence to the anxious hostess, and wholesome food to the wise and prudent. When champagne is absent, this *Cider Cup*, as served at a restaurant of world-wide reputation, may possibly be preferred to wine:—

For a 3 quart glass jug of Cider Cup, place 2 quart bottles of cider and 2 bottles of soda water, or a syphon, on ice for 2 or 3 hours according to season. Just before serving, put in

a jug 2 ounces caster sugar, a liqueur glass of brandy, a wine glass of sherry,  $\frac{1}{2}$  wine glass curaçao, and a wine glass *sirop de grenadine*. Pour in the cider and soda water, float pieces of whatever fruit you may have—apples, oranges, pine-apple, strawberries, peaches, cherries—with a slice or two of cucumber, and a lump of ice. A liberal dash of orange juice is a great improvement. FOR 12 PERSONS



## *Food for artists and speakers*

MUSICAL AND DRAMATIC ARTISTS AS WELL AS PUBLIC speakers and lecturers find that they cannot give out their best very soon after a substantial meal. When their effort is over, they are often either nervously exhausted and disinclined to eat—in which case they require nourishing but easily-digested and tempting food; or else they are so hungry that they eat freely of anything available, with resultant indigestion and restlessness, just when they most urgently require calm and refreshing sleep before another public appearance. Those who have sown unto us spiritual things have a claim on the harvest of our wordly things; for, unless well cared for materially, they can neither raise mortals to the skies, nor yet call angels down. Parliamentary elections, too, have horrid possibilities of recurrence, with their nightmare train of exhausting effort and disordered home-life; and a little care in the selection and preparation of suitable foods may even turn the tide of fortune, and enable politicians to scorn fatigue or illness and lead on to victory.

A slight supplement to a late 5 o'clock tea is the usual practice for those with a public appearance before them, and eggs, boiled, poached, or *en cocotte*, with savoury sandwiches are the most obvious addition to the tea-table. A small white china ramekin case filled with this quickly-made *Mousse of Egg and Sardine*, to be spread on thin crisp toast, is often useful, and within the compass of the humblest cook. Take a hard-boiled egg and pass it through a sieve into a basin; skin and bone four small sardines and pass through a sieve. Mix these two with a filbert-sized piece of fresh butter; add pepper, and moisten all with a little cream if available. Good also for breakfast as a change from marmalade.

Mrs. Gladstone's practice of sending her husband into battle on an egg-flip, cleverly produced at the psychological moment, can be imitated with this *Frothed Wine Soup*, good for a prima donna or pianist soon going into action, and can be made by anybody who can whisk an egg.

### *Frothed Wine Soup*

Beat 3 yolks of quite fresh eggs to a froth with a whisk over the fire adding a small teaspoonful each of fine flour and white sugar, half a bottle of white wine, and half that quantity of water. Whisk till it comes to the boil, then take it off and serve immediately but before the froth subsides. This quantity amply suffices for two.

At a Paris restaurant much frequented by the stars of the Comédie Française, these *Œufs Pochés en Surprise* were recently the popular "plat," of which the chef obligingly communicated the recipe to an artist patron.

Carefully poach as many new-laid eggs as required. When done, slip them into a basin of cold water; allow 2 thin slices from a good ham for each egg. Place the drained and trimmed egg on a slice of ham, putting another slice on top, repeating

this for each egg. Lay them delicately in a long dish, sufficiently deep for their covering over in some aspic jelly, not very stiff, and delicately flavoured with tarragon. When set, cut them out with an oval tin cutter, and with a fish-slice place them on a silver dish, garnish with green salad, and serve with bread and butter sandwiches. They appear like midget galantines of savoury jelly, concealing the softly cooked egg hidden inside, and are both light and nourishing.

For those requiring more solid food, and yet unable to face suppers such as mixed grills, or sausages and mashed potatoes with lager beer, here are two recipes which might also be useful for other occasions.

#### *Soles au Gratin*

Butter a long fireproof dish. Fillet some fair-sized soles; chop 2 large mushrooms, a piece of fat bacon the size of a walnut, a sprig of thyme and parsley, and a shallot very fine, mix with 2 handfuls of fine bread-crumbs, pepper, salt and the juice of  $\frac{1}{2}$  lemon. Spread a layer of the mixture at the bottom of the dish, on it place the fillets of soles, cover with the remainder, place in a moderate oven for about 30 minutes, and just before serving pour a glass of white wine over, and serve in the same dish.

§ Pour the white wine around the fish, being careful not to wet the breadcrumbs or they will lose their crispness.

#### *Chicken Sauté à la Crème*

Cut 1 or 2 small tender chickens in half, rub well with salt and paprika pepper. Put a good lump of butter in small pieces into a stewpan with some thin slices of streaky bacon. Cover these with a layer of onions cut into thin rings and put on pan on the fire. When the contents begin to brown,

add the half chickens, and let them stew on a slow fire for 1½ hours, when they should be light brown. Remove from pan, carve into pieces and lay on a hot dish. Replace stewpan on fire, and add ½ pint sour cream, stirring constantly with a wooden spoon. Pour this sauce upon the chickens, and serve very hot; on no account add water or stock to this sauce. **FOR 4 PERSONS.**

§ *Cover the pan closely with foil or greaseproof paper and then the lid for the stewing process.*

*Tartines Tricolor* made a popular supper delicacy at a house beloved by musicians and actors in pre-war days.

Take thin round slices 2½ to 3 inches across from a long French roll or fresh loaf, butter sparingly, and lay slantingly across these open round thin strips alternately of white chicken (or turkey), of red tongue (or ham), of pickled cucumber (or mildly salted gherkin), varied by a thin fillet of anchovy washed in milk if too salt, and dish these flat with a light sprinkling of fine cress in the centre.

An alternative might be the small oblong crisp toast sandwiches popular at West End bridge clubs, with a tiny roll, little finger size, of crisply fried streaky bacon, served in covered muffin dishes piping hot, and welcome on a chilly night.

On hot evenings the spent artist might dream, like the Sick King in Bokhara, "of cherries served in drifts of snow," but muscat grapes, skinned and pipped, reposing in a pond of delicious calf's foot lemon jelly in a flat glass dish would be more wholesome and nourishing. Or when muscats are out of season try this reviving

### *Claret Jelly*

Half a bottle of fairly good claret, 3 ounces white sugar, half

a sherry glass of brandy, the thin rind and juice of one good lemon,  $\frac{1}{2}$  teacup raspberry jam or jelly, boiled together. Add 4 or 5 leaves of gelatine or  $\frac{1}{2}$  ounce of powdered gelatine. Strain through a muslin, and set in a mould with a hollow centre for the reception of sweetened whipped cream. In hot weather use ice or refrigerate to stiffen jelly and cream.

§ Soak the gelatine leaves and melt in 3 tablespoons water before adding to the hot liquid. Powdered gelatine does not require soaking. Do not boil the mixture after adding gelatine or jelly may not set.

These should all prove good preludes to “Great Nature’s second course, chief nourisher in life’s great feast.”



23

### *Bachelors entertaining*

LET US PICTURE A BACHELOR LIVING IN A MODEST London House or in country surroundings near to his work, with a married couple, or oftener a working housekeeper, to look after him. Being constantly entertained by his friends and relations, he naturally desires occasionally to offer something in return. Problems of hospitality for such are oftenest solved by inviting their friends to a restaurant dinner or play—an agreeable but expensive solution—or by invitation cards for luncheons or teas at some race meeting or popular cricket match, when all responsibility is taken over by the club or contractor. This sort of entertaining, however,

welcome as it may often be, seems to lack the personal note, for we do not really know our friends until we can visualize them in their own surroundings, and take interest in the gathered treasures or the pursuits of their homes. A host, moreover, feels and appears at a greater advantage by his own fireside than in the garish setting of a public restaurant, and might well say with Touchstone: "When I was at home, I was in a better place!" Time often handicaps the host who has succumbed to the temptation of admitting the disturbing presence of woman into his sacred seclusion, for he may find it irksome to consider dinner problems whilst bacon and eggs are yet in his mouth, and the morning train relentlessly approaches. Possibly, then, a few suggestions of simple but not too obvious dishes may not come amiss, and should be more generally useful than a single detailed menu, for purses and tastes, seasons and cooking facilities, differ widely. Moreover, any of these dishes can be exchanged or supplemented for popular and easily obtainable things such as bottled turtle, or tinned tomato soups, with caviare and foie gras or more homely *hors d'oeuvres* to precede them. If the fish market be near, oysters, lobster, or dressed crab might be summoned, or the help of the cooked provision merchant invoked for dressed meats and pies, for ham, tongue, or galantine, and the recently developed pastry-cook artist might delight and surprise with his wonderful creations in cream tarts and decorated cakes. But there is surely a want of individuality about entertainments built exclusively on preserved and ready dressed provisions, and the dictum of an eminent Victorian house-keeper still holds: "Give your friends what you have yourselves; only have enough of it, and make it a little nicer."

*Stychy Polonaise* is an easy and comforting soup, the speciality of a gay little half-underground restaurant in distant Warsaw.

#### *Stychy Polonaise*

Cut in square-shaped pieces some carrots, turnips, leeks,

celery, cabbage according to quantity required. Fry these in butter with a pinch of salt and sugar, add some good brown stock sufficient for expected guests, and let all simmer gently for about an hour; remove any grease. Thicken with a dessertspoonful of brown flour blended with stock, boil up, and add a little cream before serving.

*Cod and Oysters au Gratin*, sufficient for four persons, would be a good selection for winter.

Steam about  $1\frac{1}{2}$  pounds of middle cod; when nearly cooked remove skin and bone; break into pieces. Make a good creamy white sauce, put the fish into a greased fireproof dish with six or more oysters bearded and cut in half and pour over the sauce. Next sprinkle over liberally some browned buttered breadcrumbs, a little freshly-grated cheese, a restrained dusting of mild red pepper and a squeeze of lemon juice. Place the dish in the oven to get very hot. A few pieces of boiled cod's liver dotted here and there may be added with advantage. This makes an excellent winter luncheon dish, and with a little practice a plain cook can accomplish it to perfection.

§ *The oysters may first be cooked as follows:—scrub shells and remove oysters. Cook with their liquor over very low heat or over hot water, only until edges curl. Proceed as recipe but add liquor to the white sauce.*

§ *Make the ‘browned buttered breadcrumbs’ by frying fresh breadcrumbs in butter until golden and crisp.*

*Boiled Mutton* is a dish reminiscent of the seaside boarding-house table, but no less a connoisseur than King Edward VII was especially fond of this transfiguring version of it.

Boil the best end of a neck of tender mutton (four to six cutlets). Dip in oiled butter, roll in coarse white dried

breadcrumbs, and grill for some 15 minutes. Serve in a large ovenproof dish surrounded by small piles of nicely-prepared vegetables, such as new potatoes finished in butter, and chopped parsley, with some small glazed onions, and sprouts, carrots, beans, turnips or peas braised in a little stock and butter, all nicely cut and disposed around. Send with it a clear gravy in a sauce-bowl with plenty of capers and finely-chopped pickled gherkin, and in addition sprinkle both of these last items sparingly over the grilled meat. **FOR 4-6 PERSONS.**

§ You may substitute leg or chump chops for this dish.

§ Allow boiling time of 20 minutes per pound and 20 minutes over for most cuts of mutton.

### Savoury Puddings

These can be made with a chicken jointed and cut up, some 8 ounces sausages cut into biggish pieces, and some veal collops. Alternatively with game such as plovers or black game, grouse or partridge, past their first youth. The latter require the addition of thin slices of tender steak rolled up small or wrap the boned joints of game with slices of cooked ham. A kidney or two cut up with small mushrooms is an improvement. Good gravy made from the livers and carcase bones of the birds, with seasoning of herbs, chopped parsley, salt and pepper are necessary, but given good material no sauce or wine should be required. Interline a buttered pudding basin with a light suet paste, chop a little meat small for furnishing the ground floor so to speak, add the other ingredients, and cover over with paste. Boil very slowly, for some 2 hours or more, serving in the same basin neatly dressed up in a clean napkin.

§ Veal collops are small pieces of escalope of veal.

§ Make the gravy first from the trimmings, bones, etc., and pour over the filling before covering the pudding with the pastry lid.

*Caramel of Oranges and Cream*

Make a salad of thick slices of orange, carefully excluding pips, pith and skin, and lay in a glass dish or pretty bowl. Make a thin syrup with the escaped juice and white sugar, adding a little extra juice if required and pour on this. Take  $\frac{1}{2}$  pound loaf sugar, and stir in enamelled or copper pan with  $\frac{1}{2}$  tumbler of water over the fire till melted, and then let boil into a not too dark caramel, taking some ten minutes. Pour this out to get cold and stiffen; crush it coarsely when hard and crisp, and shake it over the fruit. Cover all with some well-whipped cream— $\frac{1}{2}$  pint will suffice—and on this sprinkle a few almonds, browned and roughly chopped.

For a savoury, make or buy some small round very thin water biscuits. Spread these when cold with a mixture made of a tablespoonful of fresh butter, a dash of Worcester sauce, and a teaspoonful of either chutney or a thick hot sauce such as *Diable*, all worked into a thin paste. Put the biscuits into a quick oven for some five minutes. Serve very hot, with a very cold fresh cream cheese, and some curls of celery or radishes.

There are pauses of service in the best regulated dining-rooms, when solace is sought in crumbling or nibbling something. Salted almonds are expensive, and by many thought indigestible; they can be understudied by a packet of the American cereal *Puffed Wheat*. A few spoonfuls of this, crisped hot in the oven and lying invitingly on small mother-o'-pearl shells, or in some such decorative and labour-saving receptacles before each guest, will comfort the shy, stem the torrent of the fluent-obvious, and generally promote a flow of that pleasant conversation, such as the late Lord Acton yearned for when he bade his friend remember that “One touch of *ill* nature makes the whole world kin.”



## *Food for travellers*

THE BIRDS HAVE NOT A MONOPOLY OF MIGRATION in our restless age. Every year winter sports, Riviera sunshine, Italian culture, or the lure of Monte Carlo summon the athletic, the invalid, the student, or the mere pleasure-seeker, in ever increasing numbers to pursue the insubstantial form of happiness to their chosen resorts.

Travellers in these times are reverting to the old-fashioned habit of taking their journey food with them, some actuated by motives of economy if the party be numerous, others by the discomforts of that dark and perilous pilgrimage from remote parts of a swaying train to the crowded restaurant car. Some have a preference for the food of their own choice, others would limit the opportunity of the hostile microbe. For prolonged journeys, then, with all their attendant uncertainties, it may be worth while to pack the fitted luncheon basket, and on it to superimpose a flat strapped overflow receptacle containing adequate provision of food and drink, if the way be long and the night cold. Most cooks lack both the imagination and experience necessary for such journey requirements, and have thereby brought the home-packed hamper into disrepute; but there is no reason why ham sandwiches and desiccated seed-cake should be the sole and inevitable refreshments provided.

Attractive presentation of travellers' fare has a large share in its success. Many of the big Stores, particularly those with American connections, specialize in the provision of *papier-*



maché plates, dishes and jars, of collapsible cups, and paper napkins. The food should be daintily packed in greaseproof paper with an outer wrapping of foolscap tied with fine twine and the contents marked outside. A nest of horn or aluminium drinking cups, together with a washable roll of American cloth or silver aeroplane waterproof to hold cheap knives, forks, and spoons, can easily be provided if the basket be not fully fitted. For the food itself here are some suggestions, which must be dependent on individual tastes, on the length of the journey, on the purse of the traveller. Hardboiled eggs accompanied by green sandwiches of lettuce or watercress, a small wisp of oriental salt, or Cerebos, mixed with coarsely-ground black pepper for each traveller, are always a good stand-by; the breasts of chickens or pheasants, partridges or grouse, enriched perhaps with a little purée of foie gras or thin coating of savoury aspic; a salad of cold potato and lettuce, sparingly moistened with thin mayonnaise in a grease-paper-lined cardboard dish, can be the *pièce de résistance*. Packets of sandwiches can be multiplied according to numbers and need,

and varied indefinitely, for, good as those of nicely-made ham, tongue, or pressed beef can be, they have that familiarity which often breeds indifference, and it is wonderful what can be done to invest them with surprised interest by a touch of chutney, or Cumberland sauce, of tarragon flavoured vinegar on their green salad addition, of a slice of beetroot powdered with chopped gherkin, or of tomato sprinkled with capers. Sandwiches of foie gras of well-known brands are for the rich, but this humbler counterfeit can be recommended.

#### *Home-Made Foie Gras*

One pound of chicken livers or 2 goose livers, and about 4 ounces fat bacon. Cut the bacon into small pieces, put into a frying-pan and fry it slowly, then add the livers cut up small, and sprig of thyme and bay leaf. Add a tablespoonful of brandy or sherry and fry altogether about 10 minutes, then put into the mortar and pound well, removing herbs; pass through a fine wire sieve, then mix up with a little cream, salt, and pepper. Put into a pot, pressing all well together, and pour over a little clarified butter to keep out the air. Small pieces of truffle are a great addition to the flavour, and should be added with the cream. FOR 6-8 PERSONS.

§ Use the electric liquidiser to purée the mixture before sieving.

§ To clarify butter or margarine—heat it gently until it melts.

Continue to heat very slowly, without browning, until it stops bubbling. Remove from heat and allow to stand for a few minutes so that all the salt and sediment may sink. Then carefully pour off the fat.

Sandwiches of thinnest gruyère between biscuits, or bread spread with green butter are excellent, and this is easily made and welcome in winter and summer, giving variety to the cheese course.

*Savoury Green Butter*

A  $\frac{1}{2}$  pound good fresh butter. A couple of handfuls of spinach, boiled, drained and passed through a hair sieve, the pulp obtained saved in a bowl. Bone and wipe off the oil of 6 anchovies, pass through sieve and save pulp. Mince finely a tablespoonful of curled parsley, ditto a teaspoonful of capers. Colour the butter first by working in the spinach greening, then add the other ingredients and turn into a block or an attractive small mould, or use for sandwiches after hardening in the ice box:

§ Boil the spinach using only the water which clings to the leaves after washing.

§ The electric liquidiser could be used for the spinach purée.

Sandwiches of fruit for the children are popular. Round slices of banana sprinkled with orange juice and white centrifugal sugar, or of thinly-cut apple with grated walnuts, sandwiches of cream cheese with a thin spread of redcurrant jelly, of egg with sardine or anchovy, of celery shredded and creamed and sprinkled with plentiful yolk of hardboiled egg, sandwiches of sponge-cake spread with chocolate or coffee icing, sandwiches of pastry with jam or glazed with thin caramel. Here is a recipe for lemon cheese cake mixture to fill light puff paste tartlets, for though a familiar dish it admits of as many classes as the *Tripos*, and this should be in Class I.

*Lemon Cheese Cake Mixture*

Two large lemons, 3 ounces butter, 8 ounces lump sugar, 3 eggs. Put butter and sugar in the saucepan first, then add the juice and grated rind of lemons. Heat until butter melts and sugar dissolves. Beat up eggs and stir them in, continue stirring till it thickens, put into very light puff pastry tartlets, and only use when quite fresh.

§ To avoid over-heating the mixture cook in a double boiler.

The platform café au lait, so dear to the memory of generations of travellers, should not be missed when available, for the dread experience of the crossing is behind, and the joys of a sunshine holiday await us; but in case the “*dix minutes d’arrêt*” prove but an insubstantial dream, this *Chelsea Bun* should be included in the basket, for it will be welcome alike in the cold dawn with a Thermos of hot coffee, or with the etna and tea basket to enliven the long afternoon.

#### *Chelsea Bun*

Half a pound flour, 5 ounces butter or margarine, 1 ounce sugar, pinch of salt, 3 eggs and  $\frac{1}{2}$  ounce fresh yeast. Cream the yeast with 1 teaspoon sugar and add a scant  $\frac{1}{4}$  pint tepid milk. Sprinkle over some of the flour. Place it to rise about 10 minutes. Into the rest of the flour, put the sugar, eggs, and salt; beat well together, then mix in melted butter; then add the yeast mixture and work well together. Stand in a cool place overnight. In the morning add the grated rind of a lemon or 2 small ones, a few sultanas, and some chopped peel. Form into a round on a baking sheet. Hold in place with a band of greased paper, brush over with egg, and stand in a warm place to rise for 15-20 minutes. Place in a fairly hot oven, and bake for about half-an-hour. Dust with caster sugar.

§ If dried yeast is used, use 2 level teaspoons and reconstitute as directed on the packet or with sugar and milk as directed on page 257.

A lemon or two slipped in for Chinese Russian tea, together with a tin of peptonized cocoa and milk, a tin of best consommé capsules, some dried milk powder easily mixed with water, a slab of first-rate chocolate—these will provide hot drinks in variety. Mineral waters and light wines are readily procurable by the way, if space has forbidden their inclusion at home. No experienced traveller starts without a flask of

brandy, and the relative merits of biscuits (a matter of personal preferences) are too well known to need recalling. Fruit is of all forms of refreshment the most wholesome and welcome on a journey, and the dried forms—almonds and raisins, dates, and the crystallized varieties—are excellent and portable.

The travellers' food basket, equipped in some such ways as are here suggested, will render its owners independent of time and place, fortified against hunger and thirst, immune to the extortions and insolence of officials, and they will be fresh and ready on arrival to enjoy the lovely sights and gay adventures awaiting them, for has it not been truly said: “We need all our sense to be aware of spirit”?



## 25

*For the too thin*

MANY WOMEN OF THE PRESENT DAY ARE BELOW their proper weight in relation to their age and height. With some this is the result of what our fashionable American friends call “*Starving for Shape*”; others object to eating many of the ordinary foods on grounds of principle or humanitarianism, so that, without pressing for specially cooked dishes, (an egotism many shrink from,) they frequently go without adequate nourishment. Both sexes often restrain their natural appetite for athletic reasons, wanting to ride, run, and dance light, and to excel in games and sports where weight is a handicap. Numbers of influenza convalescents too, get reduced by illness, and their doctors will urge them “to feed up,” “to put on weight,” knowing by experience

how excessive thinness induces nervous disorders with resultant neurasthenia.

The fattening properties of milk, farinaceous puddings, and sweets with Devonshire cream, of plenty of fresh butter with bread and potatoes, and of oatmeal, pulses, and cereals, of root vegetables and some fruits—these are too well known to require stressing. But inclination often fails, and fashion cries “Beware.” A few attractive dishes are therefore suggested, hoping to make the observance of doctor’s orders something of a pleasure as well as a duty, their niceness being, as it were, the smile on the face of the stern lawgiver.

### *Sardines à la Sackville*

Make a nice purée of potato a little moister than the ordinary mashed preparation; place a thin layer when cold on an oblong silver or china dish; cover this with a layer of sardines, boned and skinned; mask this over with a thin coating of whipped cream; place on this a further layer of mashed potato, more sardines, and cover over with the remainder of your shillingsworth of cream, whipped, peppered and salted; finish with a sprinkle of cayenne pepper and a few sprigs of surrounding watercress. With it send round whole-meal brown bread and butter.

For a party of, say, six, this potato mould might measure some 8 inches long by 5 inches wide and 2 to 3 inches deep. This is nice also for a summer luncheon first course, or a Sunday supper, and would be popular at a schoolroom high tea.

§ Sieve the potato and moisten with melted butter and creamy milk. Season to taste.

§ For ‘a shillingsworth of cream’ use about  $\frac{1}{4}$  pint thick fresh cream.

All the vegetable purée soups made with milk and butter are nourishing and flesh-making. Here is an excellent one

slightly different from the usual type ; it was acquired during an enforced motor delay over supper-time at a small pension-farm on the Evian side of the Lake of Geneva.

*Potage Tapioca*

Sprinkle into 1 pint veal stock about 2 dessertspoonfuls of fine tapioca such as Groults, and let it boil for 20 minutes. When ready to serve, slightly whip  $\frac{1}{2}$  pint cream, pour it on the soup, and whisk briskly till it all becomes frothy, serving it at once from a brown glazed soup tureen, well heated. Some milk and the yolk of an egg could be substituted for cream, but disadvantageously. FOR 3-4 PERSONS.

§ *Whip the cream in the serving tureen and whisk in the hot (not boiling) soup. If served at once there is no need to reheat.*

This American way of serving *Chicken à la Maryland* is good if the cook can devote some time and care to it, and it has been known to tempt a fugitive appetite.

Cut up a nice chicken in slices and joints, season with black pepper plentifully, and leave for 4 hours. Dip in a thin batter, and fry in butter till it is a golden colour. Place it in a stewpan with a pint of cream, letting it simmer till the cream thickens. Serve with hominy (or maizena) cake made by boiling 1 pint milk with butter, pepper, salt, and 3 tablespoonfuls of the maizena. Slip in 1 whole egg and some grated Parmesan cheese after the hominy or maizena is cooked. When cold, cut out in half-moon shaped pieces ; egg, breadcrumb, and fry these. Fry some bananas in butter. Skin and halve them across, and place round the chicken alternately with the fritters. Pour the cream sauce over the jointed pieces, and serve very hot.

§ *Alternatively coat the chicken pieces with flour, dip in beaten egg and coat with breadcrumbs.*

§ *Hominy and maizena are prepared corn meal.*

§ *Corn fritters are usually served with Chicken Maryland nowadays instead of the Hominy cake. To make corn fritters make a batter with 4 ounces flour, pinch salt, 1 egg and  $\frac{1}{2}$  pint of milk. Add 1 small packet frozen corn kernels (thawed). Drop spoonfuls into hot fat and fry until crisp and golden.*

§ *A 2-3½ pound chicken serves 4-5 persons.*

Perhaps the most fattening of all savouries is a marrow bone on toast. But it is probably more popular with men than with women—as, indeed, are most varieties of boiled and toasted cheese, which, being mixed with butter, help to put on weight. An original form of savoury is *Bonne Bouche Otello*, made out of a couple of large French prunes to each guest, or a single Carlsbad prune. They must be softened by soaking in a little hot water; one or two almonds, blanched and browned in melted butter and rolled in pepper, salt (and a little cayenne if liked hot) should be inserted in place of the extracted stone; roll in a thin rasher of bacon and grill on a skewer. Have ready *croûtes* of fried bread, slip out the skewer, lay the little prune grills on them, and serve very hot.

For those who prefer sweets to savouries, this recipe for a *Bombe Caramel* should be gratefully received, the formula being a family secret generously communicated.

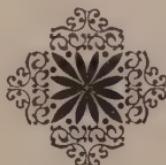
Take 6 yolks of eggs and 2 whites, 1 tablespoonful caster sugar, and whisk them over boiling water until warm; withdraw and whip until cold, add a teacup of whipped cream, mix altogether, put in a bombe mould and freeze about 2 hours. When frozen scoop out centre, and fill with cold hard caramel made in the usual way and afterwards pounded and passed through a wire sieve. Serve with thin golden caramel sauce round and some crisp biscuits. Sufficient for a pint mould. FOR 4-6 PERSONS.

§ *Crushed almond or plain caramel may be used to fill the bombe.*

Lest these suggestions be considered too exacting in material or labour for some readers, a nice *Oatmeal Sunday Pudding* for family consumption is added.

Take 3 ounces coarse oatmeal, 3 ounces flour, 2 ounces butter (or margarine) 1½ ounces sugar, rind of 1 lemon, ½ teacupful treacle, ½ teaspoonful bicarbonate of soda, ½ teacupful milk, 2 ounces dried, stoned and chopped raisins, ditto candied peel. Rub butter into flour, add oatmeal, sugar, soda, fruit, rind, and bind together with warmed milk and treacle. Turn into a greased mould or basin; steam carefully for 2 or 3 hours. Turn out and serve with a sweet sauce or custard made hot. FOR 4 PERSONS.

The words inscribed on the Delphic Oracle, "Know thyself" and "Nothing too much," might well be written on our daily menu card, and in so far as they are observed will success and improvement accrue to the too thin.



26

*For the too fat*

**W**E ARE REMINDED IN SCRIPTURE THAT "ALL flesh is grass," but, as a great artist once added reassuringly, "We cannot be sufficiently thankful that all grass is not flesh." No one likes to be fat; it is unbecoming, fatiguing, and impairs efficiency. And although the condition is oftener the result of defective metabolism than of undue or indiscriminate appetite, still the experience of the war

years, with their scarcity of the flesh-making foods, shows that weight can be reduced by a diminished consumption of dairy produce, sugar, and starchy foods. Unfortunately, all the nicer things are on a weights and measures black list, and the annual advice of an eminent financial authority to "spend less" must be paraphrased into a diminished consumption of all nourishment for those who would grow thinner. The important drinking of sufficient fluid, moreover, should be transferred from meal times to a previous or subsequent hour. Such inconvenient advice is only acted on when it is given in return for payment by a medical expert, but there may possibly be some chance for a few gratuitous suggestions towards making an austere diet more varied and pleasurable than it often is.

#### *Lemon Tea*

For the early morning luxury, substitute 2 freshly-cut, thin slices of lemon, on to which boiling water has been poured. This, sipped from a delicate china cup, is fragrant and thinning.

If that insidious enemy, soup, be held indispensable at dinner, at least avoid the vegetable purées and bisques made with cream, butter, root vegetables, and rich fish, also the savoury potage in which milk and flour figure, and try clear *Consommé à l'Estragon*, with its delicate and clean flavour.

#### *Consommé à l'Estragon*

Make the required quantity of clear vegetable stock in the usual way or use a chicken carcase or some veal, if convenient, with ordinary stock. For a garnish pick and blanch some 6d. worth of tarragon, letting half simmer gently for 30 minutes in the stock. About ten minutes before dinner, whisk the whites of two eggs stiffly with salt and pepper, adding the rest of the tarragon leaves, dried and finely chopped;

take a heaped dessertspoonful of the whipped whites and drop each to the required number into a pan of boiling water to poach for 3 minutes. Pour the boiling soup into a hot tureen, drain each poached white, and let them float like snow islands on the top, serving one to each person.

*Natural Meat Jelly* is made by slow simmering of a little good beef, and is nourishing and palatable. Served very cold as jelly with a rusk, or re-heated with a couple of diet biscuits, it makes an adequate and sustaining little meal.

To give variety to plain roast or grilled meat, serve with it in a brown oven-proof dish some fresh *Rognons Sautés*, blanched, freed from fat and skin, and cut into thin slices; they only require cooking in stock thickened with a very little flour, and flavoured with wine, and mushroom, or tomato and chopped herbs. *Calves' Brains*, carefully washed and poached, can be served in the same sort of way from a white ramekin fireproof dish with a little *beurre noir* sauce mainly composed of diluted vinegar and lemon, a very little butter, and plenty of chopped parsley. This is good, too, with slightly devilled slices of lean meat. A *Salad à l'Américaine*, made of the raw heart of a fresh young cabbage very finely shredded and diluted with some quite thin dressing made of raw yolks of eggs, and a little chili vinegar, served very cold, is a good accompaniment. Indeed, all green salads and many fruit ones may be used freely without risk of fattening, if dressed without rich sauce or abundant oil, lemon juice being substituted for vinegar for those of delicate digestion. A fresh or slightly pickled tongue is suitable food for those suffering from *avoirdupois*, though still somewhat expensive. This recipe for the humbler *Braised Sheeps' Tongues, Sauce Piquante*, could also be adapted to the larger ox tongue.

Place cut-up carrot, onion, celery and leek in a stewpan with a walnut of butter, and put in the number of tongues required; fry gently, turning the tongues, and add 1 cupful good

stock, 1 bay leaf, thyme and parsley. Let all braise gently for 3 hours, adding more stock as it reduces. Take out the tongues, skin and trim them, reduce the stock to a glaze and pour it through a strainer over the tongues, dish up on a bed of spinach and serve with sauce made by cutting up 1 small onion fine, reducing it in a stewpan with 2 tablespoonfuls of vinegar till nearly dry; then add 1 small cup brown stock, 1 walnut-sized piece of glaze, 1 teaspoonful Harvey sauce, and let all boil. Finally add a few blanched almonds and a small quantity of orange peel, both cut into fine strips, or 2 tablespoonfuls unsweetened stoned cherries. A larger quantity of cherries could be warmed in clear gravy and served round the larger tongue if preferred.

§ Allow approximately 1 sheep's tongue per person.

*Mixed Grills* are another stand-by for anti-fat meals and can be pleasantly varied. A small chicken jointed, spread with tamarind preserve and grilled with an accompaniment of mushrooms; mutton cutlets scored with chutney and grilled with tomato and chipolata sausages; game of all kinds slightly devilled and sent round with a dish of green watercress, stewed soft, drained, finely chopped, moistened with stock, re-heated, and just before serving a little lemon juice stirred in with pepper and salt.

For a winter dessert, try a black plum or two from a two-pound glass screw jar, after the top layer has been extracted and some cherry brandy poured in, adding more as the liqueur is absorbed by the plums, and keep it air-tight for two or three weeks before use.

Activities, mental and physical, play a large part in reducing weight, just as sloth and inertia promote it, for, in the words of Claudel, "*Bien des choses se consument sur le feu d'un cœur qui brûle.*"



## *Sunday supper*

SUNDAY HOSPITALITY IS A PROBLEM WHICH, IN these days of diminished service and increased social activity, cannot be solved without forethought and tact. The kitchen and the pantry both claim and deserve consideration and some liberty; but against this, relations and friends can often meet only at the week-ends, and drift hopelessly out of touch unless some point of contact is made pleasurable and easy. The lonely or hardworking bachelor, too, male or female (for the term has come to include both sexes), is specially grateful for Sunday welcome, and inspiration for the future as well as sympathy in past and present interests are oftenest sought and found on "the day which comes between a Saturday and Monday." Sometimes a group of relations or friends can evolve a system of mutual hospitality; but all inelastic bands are apt to snap disagreeably, and any feeling of obligation is ruinous to spontaneous companionship. Of late the restaurant has often had to solve the difficulty; but, except for a *tête-à-tête*, this can hardly be considered a general solution, if purse, health, privacy are to count. Rather let adequate provision, made beforehand, liberate as many workers as possible, and the well-furnished side-tables, where each can supply individual needs with little or no service, give a sense of freedom and informality which will compensate for any slight diminution of comfort. If the number of guests be known and limited, a cold meat course might be attractively presented for each one in some such fashion as this: Purchase or cut thin



slices, circular as the base of the dinner plates, off a rolled and spiced round of beef, or long slices off a brick of cold pressed beef; ally with it a slice of tongue or ham, and pour over both a thin sheet of well-flavoured aspic jelly—some attractive bits of lettuce or watercress and a gay radish or two, cut into rosy-edged slices and imprisoned in the jelly. This will make an inviting supper. Alternatively, some pieces of white boiled chicken in béchamel on a *mousse* made of their own less delicate parts not wholly devoid perhaps of some purée of foie gras, with pale aspic chopped small, and green beans, peas, or quarters of tomato as a garnish; or, best of all, with the half of an American pickled peach and some salad. If pickled peaches are considered extravagant—as, alas! they are—a good substitute can be made with the best quality of evaporated apricots, well steeped and softened in clove-flavoured water and treated with a little vinegar or lemon and a few drops of brandy or liqueur. These are good also as fruit salad with any cold meats. Cold ducks stuffed with a delicate *mousse*, cold chickens stuffed with rice made savoury with tomato or pimentoes, or an

uncut leg of lamb set round with little jelly castles of mint sauce made with aspic and chopped mint—these, together with a bowl of appetizing potato salad, will deprive the visitor's bell of half its terrors, and the impetuous hospitalities of irresponsible youth might then pass uncensured.

### *Potato Salad*

Take kidney or the most waxy potatoes obtainable, boil in their skins, peel while warm, cut into thickish slices, pour on 1 tablespoonful vinegar and about 2 tablespoonfuls stock, but very gradually so that they may absorb it; add 2 tablespoonfuls oil, some pepper and salt to taste, and 1 small finely-chopped onion, and let it all stand for an hour before serving. A very, very thin mayonnaise sauce with a little French mustard and a drop or two of garlic vinegar, and a few capers with parsley and chives may be used as an alternative dressing.

This cold *Mousse of Whiting and Lobster* (for six) is a nice supper or warm weather luncheon dish.

Poach 2 good-sized whittings, and when cold pass through a fine wire sieve with a little cold salmon, and put it into a basin with salt, pepper, cream, and half a teacup of liquid aspic jelly; thoroughly mix. Line a brick shaped or charlotte mould with aspic; when set put in a layer of cooked lobster cut in small pieces, then half fill with the fish mousse, then another layer of lobster, and fill up the mould with the rest of the fish; pour over a layer of aspic, and leave to set. Turn out, and serve with a cucumber, beetroot, or other salad, with green sandwiches of brown bread and butter and a bowl of mayonnaise sauce.

§ See page 103 for the recipe for Savoury green butter for the sandwiches.

Attractive sweets are always easy to make or procure, and the simpler ones—such as *macédoines* of fruit with a Devonshire junket or creamy rice, or meringues, or a bowl of orange jelly, or trifles—are hard to beat, but a *Chocolate Marrée* or an *Open French Tart* might have for some the glamour of a new acquaintance which could ripen into friendship. For the first, take 4 ounces of the best chocolate *à la vanille* you can find or afford. Let it steam over a stewpan of simmering water until melted; then gradually work into it 4 raw yolks of eggs till smooth; whisk the whites to a stiff froth, and mix all together lightly. Pour into a shallow round glass dish, and let it stand 12 hours, and serve cold and white with 6d. of fresh cream poured all over it, and these *Vanilla Crescents* in attendance.

Take 2 ounces each of sifted sugar, fresh butter, ground almonds, pastry flour, and a pinch of baking powder, a little salt, a bit of vanilla pod scraped. Mix all into paste; make some cords 5 to 6 inches long and thick as a middle finger, and shape them into flattish horseshoes. Cover with white sugar, and bake in a moderately hot oven for 20 minutes.

#### *Open French Tart*

Line the bottom of a round fireproof dish or sandwich tin with good shortcrust pastry; bake a golden brown. When cold, spread with a liberal layer of lemon cheese mixture; on the top of this a layer of home-made raspberry jam, and cover all with some slightly-whipped cream.

But at Sunday supper it often matters less what is on the table than what is on the chairs; and if these are fortunately furnished, preceding suggestions could be disregarded, and “a loaf of bread, a jug of wine,” might be found entirely adequate provision.

*Of wedding breakfasts*

MARRIAGE FEASTS RESEMBLE THE INSTITUTION they celebrate, of which Montaigne observed that those within its confines often struggled to get out, whilst those without endeavoured to get in. When the human contents of a spacious church are transferred into the few rooms of an average dwelling, the laws of the container and the contained are set at naught, and we shall agree with Arago that "He is a rash man who pronounces the word 'Impossible' anywhere, even within the sphere of pure mathematics."

Those whose tribal instincts and gregarious tastes necessitate a long invitation list, may endeavour to reduce the ultimate crush (and not without success) by preliminary tea-parties and an evening reception; but a large proportion of guests will nevertheless attend on the wedding day, either because they enjoy human drama, or fear lest their defection be counted unfriendly. Some few, of tried adoption, genuinely concerned in the fortunes of the adventurers, will wish to see the ship successfully launched on its uncharted voyage. Yet of all the actions of a man's life, his marriage least concerns other people, and it is ever the one most meddled with.

Wedding breakfasts in town are now generally reduced to the conventional stand-up buffet provided from outside, where choices of tea and coffee, hot or iced, of wine-cups and lemonades, of sandwiches and stuffed rolls, fancy cakes, ices, and some easily consumed sweet dishes are all that are expected, provided the appointments be dainty, the quality perfect, and

the service dexterous. This recipe for *Iced Jelly* may be suitable for any occasion when the guests are warm, the dishes cold.

Boil 1 calf's foot for several hours, strain off and leave to get cold. Remove all grease. Add to each quart of liquor in the stewpan the peel and juice of 4 lemons,  $\frac{1}{2}$  pound loaf sugar, a piece of cinnamon stick, a few raisins and the whites of 4 eggs. Whisk all well together whilst boiling; strain through a jelly bag several times until clear. Flavour liberally with a sherry glass of maraschino, pour into an ice mould with secure lid, pack in ice and freezing salt in an ice pail, and freeze for 2 hours.

Serve with a silver knife to cut it, and a bowl of fruit macedoine. The inner core should be firm and amber-coloured, the outside shell of a paler and more frozen consistency. Ordinary lemon jelly with sherry flavouring may be advantageously iced in the same way.

§ Use 1 quart of water per calf's foot.

§ The ice box of the refrigerator or deep freeze may be used instead of an ice pail.

*Biscuits Tuiles* are a pleasant addition to ices or fruit:—

Take 3 ounces each of flour, white sugar, melted butter, 3 whites of eggs partly whipped, a little vanilla essence and 3 ounces chopped almonds. Mix together, place in small rounds on greased baking sheet, leaving room to spread. Bake golden brown, removing quickly on to a rolling pin to dry and curl over.

Here also is a recipe for *Punche à la Romaine*, offered in the hope that it may be of service for celebrating some marriage day or great festival occasion.

Take 1  $\frac{1}{2}$  pints of orange and lemon syrup mixed, 1 pint champagne,  $\frac{1}{2}$  pint rum,  $\frac{1}{4}$  pint green tea, 4 whites of eggs

whipped and stirred in gradually. It should be frozen soft, not hard, and served in wine glasses, either before, half-way through, or at the end of dinner. FOR 6-8 PERSONS.

§ Prepare the orange and lemon syrup as follows: dissolve 12 ounces caster sugar slowly in 1½ pints of water. Add rind from 1½ lemons and 4 large oranges. Boil for 10 minutes. Cool. Add juice from the oranges and lemons. Strain.

§ Green or unfermented tea mostly comes from China.

The far-seeing parent will ensure a quick and tactful luncheon for the bride and bridegroom, in a room apart, with perhaps two or three favoured companions—some vitalizing consommé, a casserole of chicken with potatoes and peas, some dainty sweet or delicious fruit, and the drinks of their choice, would be suitable provision, and from this repast they must hasten to rejoin their guests and open the attack on that romantic survival, the wedding cake.

Country weddings must often take place early in the day, and so necessitate a more substantial sitting-down meal for everybody, small tables supplementing the large ceremonial one where are gathered the guests of honour. There the complicated foods we are so erroneously supposed to like, and so seldom do, are offered in bewildering variety; and mayonnaises, mousses, aspics, succeeded by elaborate creams, jellies, pastries, and ornamental cakes, appear in profusion, whilst confidential butlers pour champagne encouragingly into frugal glasses as the anxious moment for speeches draws near. Might it not be better to concentrate effort and expenditure on two or three really first-rate dishes of universal acceptance? Silvery salmon or sea trout, lobsters fresh from their rocky homes, peach-fed hams, abundant chickens hot, young and undisguised, crisp lettuces, and perfect potatoes; compotes of fruit with generous bowls of whipped cream, cakes of the best, but not masquerading as flowers or towering into castellated buildings, all these would be welcome!

In both types of wedding breakfasts there is a tendency

towards the conventional, the stereotyped, unworthy of this greatest day in life.

“Rarely comest thou, Spirit of Delight!” And what wonder, seeing the conditions of our welcome! If, instead of the refreshment caterer with his contract properties, Beauty’s daughters were to prepare the feast, how lovely it might be and what a pleasure ground for memory! A table spread with white and gold brocade, a room hung with garlands of myrtle and bay, and generous sheaves of the perfect bridal flowers—roses, lilies and magnolias, tulips, carnations and orange blossom—all in their seasons. Great dishes and platters of silver and gold, or gleaming brass, piled high with fruits—peaches and grapes, pine-apples and plums, oranges, apples, melting pears—flagons of red wine, goblets of sparkling drink, delicious fragrance of rosemary, lavender, and cedar wood in all the air—unseen voices singing madrigals, music, laughter, and the love of friends. What an hour to remember later in the silence and the starlight.

We are a warm-hearted and sentimental people for all our so-called British phlegm, as was shown by the spontaneous rejoicing and sympathy evoked by a recent royal wedding, when a whole nation, as it seemed, were unseen well-wishers at the feast.

Even the most critical and cold-hearted must feel something of the dramatic solemnity of the rite and pass in silent review their own lives, so chequered with hopes, memories, and regrets. For always the Institution of Marriage can be, not only what the Prayer Books says it is, but also the means of enabling the happy and the fortunate to deal with many difficult matters, and to do many lovely charities for those less blessed than themselves, for the doing of which two heads and two hearts are—not better than—but the perfection of one.



## *Their first dinner-party*

THE FIRST DINNER-PARTY IS ALWAYS AN INTERESTING event in a newly-founded home, and should be so organized as not to monopolize the attention of host and hostess to the exclusion of social enjoyment. It must not err on the side of parsimony, nor yet by its lavishness vex those new relations or old aunts whose attitude has been aptly characterized as "affectionate, but hostile." "Not fewer in number than the Graces, not yet exceeding the Muses," runs an old adage regarding the perfect party; so, avoiding both danger points, let the table be well and truly laid for eight cheerful guests. All beginnings are important. If you can establish a name for having good food by a series of successful hospitalities, friends will grow lyrical over your cold mutton, and even ask for the recipe of the Shepherd's Pie—so potent and mysterious are the workings of suggestion! On that principle oysters or caviare might well be ordered to head the first menu, but they are costly additions, and, as George Meredith was wont to say, "Economy, our dread old friend, must decide!"

Clear soup gives the cook her first chance, and already a dress rehearsal will have given a taste of its quality. Having attained to a well-flavoured consommé, cut some carrots, onions, celery, turnips, into very small dice, if for a *Brunoise*; and into fine strips with the green parts of leeks added, if for *Julienne*. Cook these slowly to a golden colour in plenty of butter for an hour (the butter does again for similar purposes), and sprinkle them lightly with white sugar. Drain them dry,

put them into the simmering consommé, and let them gently cook for from  $1\frac{1}{2}$  to 2 hours. Skim off any grease before serving.

The fish course must be chosen with reference to the market and the special aptitude of the cook. *Filets de Soles à la Creme, Pommes Pailles*, is safe.

Choose medium soles, one to every four guests, the fillets nicely trimmed and put into a buttered ovenproof dish with seasoning, and covered with buttered paper. Cook for 10 minutes, dishing with some of their own liquor mixed with some heated cream poured over them, on a long hot metal dish. Potato straws of the length and thickness of the smallest wax match, well dried before immersion in very hot lard and drained dry afterwards, heaped at either end, and sprinkled along the edges. A sauce-boat with a good mousseline sauce could be added, and in that case the fillets should be served less moist.

§ *The sole may be poached in the wine and water mixture as indicated in the recipe for Filets de sole maison, see page 179.*

For the *pièce de résistance* a very small *Selle de Pré Sâle* (Saddle of Welsh Mutton) in winter; in spring a tiny saddle of English lamb would be hard to beat. That any reproach of dullness may be taken away, treat it thus:—

For a saddle weighing about 8 pounds take 6 pounds of turnips; when cooked squeeze through a cloth to get out all the water. Mix with a little stiff white sauce or thick cream, add pepper and salt, make very hot. Carve the saddle into long thin slices as required for number of guests, fill the space so cleared on either side with the purée of creamed turnips, replace the slices crosswise above it, pour over a little very hot gravy. The kidneys, taken out before roasting the saddle, and cut into rounds, fried with their fat left on, can be served on or about the saddle, or sharing a long dish



with new or purée potatoes, together with the other vegetables chosen, and followed by a bowl of redcurrant jelly or mint sauce. A nicely prepared vegetable course might be interpolated after the roast; peas à la *Française*, or asparagus with Hollandaise sauce, would be the most popular selection.

§ Roast the saddle in a fairly hot oven, 375°F or Gas Mark 5, allowing 30 minutes per pound.

§ The above quantity will serve 10-12 persons.

For a sweet, choose  
*Crèmes Glacées Tutti Frutti* :—

One pint of cream; add 1 dessertspoonful each of curaçao, maraschino and rum. Whip until light; serve in small glasses, preferably like the small size of Pyrex round glasses, wider at the top than at the bottom; allow sufficient cream for each portion, and freeze in the ice cave for 1½-2 hours. Before serving, lay round the edges a gay but narrow

ruching of finely-cut crystallized fruits, an apricot, green-gage, pink pear, red cherries, all shredded, mixed, and saturated with the same liqueur; teaspoons on the dish between each glass and small fresh home-made macaroon biscuits to accompany. FOR 8 PERSONS

A ripe camembert, with hot oat-cakes, crisp water biscuits, and well-iced butter may be preferred to a savoury; for dessert choose one dish of the most beautiful fruits in season mingled in picturesque variety; choose also carefully those sweets men often affect to disdain but more frequently enjoy. The wines, cigars, coffee, and liqueurs must all be as good as you can afford, and the *Barley Water*—for many guests like an alternative drink—should be cold and plentiful, but restrained as to sugar and lemon juice.

Here is a recipe often greeted as perfect; but barley water can, like coffee, a spring day, and a charming woman, produce miracles of variety out of the same constituents:—

Wash 3 tablespoonfuls of pearl barley in a quart of water two or three times changed and thrown away. Put a fresh quart of water with the barley, bring to the boil. Simmer slowly for 10 minutes. Strain into a jug, add juice and thinly-peeled rind of 2 lemons and sugar to taste. Set on ice until required.

Having given of your best, inevitable criticism must be borne with philosophy, remembering the motto inscribed on the walls of a certain ancient Scottish college: “They say—What say they?—Let them say!”



## *Meatless meals*

A CERTAIN MAIGRE LUNCHEON ON A SUNNY FRIDAY of an early summer, now far away and long ago, was vividly impressed on the mind of one of the party of four who enjoyed it, partly because of the beauty of its setting and the stimulating interest of the talk in that brief hour of refection, but also because of the discovery that such very simple things could be so much better than the elaborate and expensive ones which often complicate the sweet uses of hospitality. The garden room of an educational institution set amongst those lovely wooded hills which dip to the sea near Dublin, a Jesuit father of great intellectual distinction and goodness, a nun with a "divine plain face," and two searchers after truth—this the scene and the party. Never before had newly-laid eggs scrambled so deliciously with young asparagus, or pink-fleshed trout so fresh in the company of tiny potatoes and crisp lettuce. A whole-meal loaf and milk scones were there, with home-made cream cheese; the first fruits of the bee-hive also, tasting of the scent of lime trees in blossom, and the last fruits of the dairy in golden butter. Woodland strawberries, harbingers of the summer, in leaf-lined baskets, gave out their fugitive aroma, and finally a brown jug of coffee freshly roasted and ground, hot and fragrant beyond all previous experience, brought its valedictory blessing to a perfect meal. How gross in comparison appeared the joints of butcher's meat, the slaughtered game and poultry of daily life, until the great reconciler, custom, should blunt afresh our susceptibilities! Since meatless

days are the rule of many at certain Church seasons, and of many more at all seasons, some suggestions for making *mairé* menus more generally acceptable to all may not come amiss; for did not Mary Coleridge remind us in a pleasant volume of table talk that "Self-sacrifice is the noblest thing in the world, but to sacrifice other people, even for a noble thing, is as wrong as persecution."

Here is a breakfast or high-tea notion for a busy worker on a long winter's day, when time and thoughts race too quickly for more deliberate nourishment: A crumpet with lots of butter and salt; on it an egg, or maybe two, perfectly fried, the pepper-mill just going out of action, and all served piping hot in a warmed muffin dish. This is moderate in cost, simple in preparation, nourishing, and nice.

Here are two soups of proved excellence—one for coast dwellers or those near a good fish-market, and owning a well-filled purse; the other for everyman and everywhere. For a restrained and anglicized *Bouillabaisse* for four—

### *Bouillabaisse*

Make about a quart of fish stock in the usual way with the trimmings, bones and shell of the fish and lobster to be used subsequently. Cut up 2 large onions, and fry them in 5 tablespoons of Lucca oil, add a teaspoonful of flour, a tumbler of white wine, pepper, salt, a fagot of parsley, a bay leaf, and 3 tablespoonfuls of tomato sauce. Boil for 15 to 20 minutes, pass through sieve and return to saucepan. Cut up a small lobster into pieces, also a gurnard, bream, or flounder, of which the trimmings have been already utilized, for the fish stock. Cook for 30 minutes on a quick fire with the prepared stock. Put a slice of bread, or preferably several small slices from a French roll, into a warmed tureen. Transfer the fish with a strainer on to the bread. Mix the onion mixture and fish stock together. Heat. Pour the broth over all and serve.

§ The fish must be boned completely at the commencement of the preparation of this dish so that the trimmings may be used for stock.

§ The fish may be served separately from the broth if preferred.

### *Everyman Soup*

Melt in a stewpan  $1\frac{1}{2}$  ounces butter, stir into it smoothly 2 tablespoonfuls *crème de riz* flour. Add a quart of milk (or if permissible, some light veal stock and milk mixed). Let it cook for ten minutes. Then add 2 tablespoonfuls freshly-grated Parmesan or other cheese, and some pieces of macaroni, previously washed and boiled in milk and cut into quarter inch sections; or get some of those shell-shaped Italian pastes called *coquilli* procurable fresh in Soho. Just before serving, pour the hot soup on to the yolk of egg mixed with a little cream in a hot marmite pot, stir all together. **FOR 4-5 PERSONS.**

§ Substitute rice flour or fine semolina for the *crème de riz* flour.

Clever *maigre* combinations of eggs, fish, vegetables, and fruit give abundant scope for culinary talent. Try for a useful luncheon dish:—

### *Eggs with Cheese Sauce*

Boil your freshest eggs soft inside, firm when peeled and skinned. Balance them on circlets of fried bread within a low rampart of dry boiled rice. Send them round with a bowl of bubbling hot cheese sauce made by stirring into a pint of nicest thin béchamel 4 ounces grated Cheddar; to be ladled over the eggs and rice.

§ Boil the eggs in gently boiling water for about 5 minutes—plunge into cold water and then peel.

If your cook has the puff-pastry touch, a *Vol-au-Vent* case

confers distinction on all manner of noble relics, united in the bonds of a good sauce. Sea-kale boiled tender in milk and cut into short lengths, and diluted with béchamel, varieties of haricot beans, mildly curried and mixed with cauliflower, remains of fish with lobster or shrimp sauce, and, best of all, creamed oysters, will compose suitable fillings if skilfully treated.

### *Thatched House Pudding*

This old country-house favourite is really too nice for Lenten fare, but it could give opportunities for self-denial, and might come in usefully at any season. It is worth rehearsing into perfection if the first attempt should prove a little uncertain. Melt 2 ounces butter and add  $1\frac{1}{2}$  ounces flour. Pour in  $\frac{1}{2}$  pint boiling milk, add yolks of 4 eggs and grated rind of 1 lemon, with a little juice and sugar to taste. Whisk the whites stiffly, and add to the mixture. Put all in an oven-proof dish (a Pyrex glass one,  $10\frac{1}{2}$  inches by  $6\frac{1}{2}$  inches by 2 inches, just holds this quantity for four or five). Cook for 20-25 minutes. Before serving and after it has risen, pour over the top a cupful of hot thin apricot jam, and sprinkle with a liberal ounce of browned chopped almonds.

§ *Bake the pudding in a moderately hot oven,  $400^{\circ}\text{F}$  or Gas Mark 5.*

With so many good things for meatless menus to choose from, our thoughts need never turn to what we lack, but rather find contentment in all we have.



## *On savouries*

SOME PEOPLE ABSTAIN FROM SWEETS AT CERTAIN seasons, on grounds of religion or health, but seek compensation for their self-denial in tasty savouries; others never eat sweets because they dislike them, but expect something to replace them; and by many a dinner which does not include both sweet and savoury is thought, even in these days of shortened meals, to be a little disappointing. A few suggestions, then, as to savouries may not come amiss, though in France, that spiritual home of the great artists in cookery, a savoury course intervening between a sweet and dessert is looked on as something barbarous, indeed almost immoral. Morality, however, as Samuel Butler reminds us in his often startling note-books, "is the custom of one's country, and the current feeling of one's peers; so that cannibalism is quite moral in a cannibal country."

Our lusty forefathers liked their savouries hot and strong, and *Toasted Cheese*, redolent of mustard and beer, bubbled its way down the long tables, a red-hot iron glowing within its pewter serving-dish. Nowadays, fireproof china or the chafing-dish solve the question of service, and there should be no excuse for its not hissing into the dining-room, with a fore-runner of freshly-made hot toast. There are many good recipes, but this is a favourite for a savoury dear to those who have dined lightly and can slumber deep. For six people, allow about 6 ounces of a good toasting cheese, single Gloucester or mature cheddar; shred it finely, and mix it with a breakfast-



cupful of good white sauce, made with milk, butter, and a very little flour in the usual way. Stir this over the fire till the cheese is melted and smoothly incorporated, let it boil, pour it into a heated white china oblong fireproof eared dish, and serve whilst still bubbling and seething together with mustard and hot toast. Toasted cheese is apt to be stringy and tough if undiluted.

A nice savoury of *Oysters au Gratin* can be made by serving two or three hot on a scallop shell with their own moisture, and a tiny grilled roll of bacon above some buttered bread-crumbs, a squeeze of lemon, and a taste of cayenne completing the preparation before a lightning transit from fire to table.

*Marrow Bones* with hot toast and lots of pepper, though ogre's food, are too good not be sometimes invited to the party; but let them appear rarely, and in the absence of the sensitive.

These *Croûtes de Laitance* make an excellent savoury.

Serve the soft hot herring-roes moistened with milk or butter on long thin narrow strips of well-made and nicely-

browned puff pastry about 6 inches by 2 inches; if the herring roes are small, allow 2, overlapping, to each person; a light dusting of coralline pepper is an improvement. This also makes a nice first course luncheon dish.

A hot toast spread with some anchovy-flavoured paste or butter and covered with several roes, and the white of an egg stiffly whisked and flung on it for a moment before it leaves the fire, is a homely savoury for a cosy dinner of two.

§ *To cook herring roes—wash and dip in seasoned flour. Brush with melted butter and grill or fry for 8-10 minutes.*

Little puff-pastry boats made in small moulds sold for the purpose came into fashion for dinner-party savouries recently, and can be filled with all manner of cargo, such as eggs scrambled with cheese, or cold, hardboiled, and chopped with a little gherkin and capers; sardines made into a purée beneath a thin veil of soufflé mixture, or of savoury custard, slightly browned in the oven; anchovies beaten with cream into a cold cayenne flavoured *mousse*, coming chilled from the refrigerator with a thin sprinkle of cress; but beware of over-elaboration.

The least complicated savouries are often the best, and caviare or slices of foie gras, ice-cold with hot toast, or hot truffles *en serviette* with ice-cold butter, or thin slices of smoked salmon with brown and white bread and butter are the gourmet's choice, although few fortunes or consciences are sufficiently robust in these days for luxuries so costly.

A novel and successful savoury was evolved the other day thus, and called *Croûtes aux Prunes Farcies*.

Make nice little canapés of fried bread, about 2 inches by 3 inches, 1 for each person; take the biggest prunes procurable (or 2), cook and extract the stones; fill the cavity with a stuffing of Scotch dried haddock, cooked, flaked, and beaten with a little cream and red pepper to make a smooth *mousse*; serve hot.

Unsweetened wafer biscuits with grated cheese flaked liberally on to them and served very hot from the grill, also hot thin water biscuits spread with a savoury dressing of grated cheese and mustard, with flavouring of Worcester or Harvey sauce, and sent round with a cold cream cheese and celery or cress, will be counted amongst the best preludes to a good glass of wine. Perhaps it is as well that we live in our desires rather than in our achievements, and if the ideal savoury has still to be discovered, many ambitious cooks can use their brains and skill in its elusive pursuit.



## 32

### *Food for the punctual and the unpunctual*

**I**N A DELIGHTFUL CHAPTER IN PLUTARCH'S LIVES describing the home life of Anthony, Lampryas tells of his visit to the kitchen, where he saw "a world of diversities of meats, amongst them eight wild boars roasting whole, and wonderful sumptuous preparations for one supper." When he inquired as to the number of guests expected the cook fell a-laughing and said: "Not above twelve in all, yet all must be served in whole or it might be marred, for Antoninus per-adventure will sup presently, or it may be a pretty while hence, or likely enough he will defer it long, for he hath drunken well to-day, or he may have some great matters in hand; and therefore we do not dress *one* supper only, but *many* suppers, because we are uncertain of the hour he will sup in."

He is a bold man who would call on his cook for such devotion and elasticity in these days!

In unjust contrast this passage from Hawkesworth's Life of Dr. Swift shows what can befall a punctual and deserving master: "The dean had a kitchen wench for his cook, a woman of a large size, robust constitution and coarse features, her face very much seamed with the smallpox and furrowed by age; this woman he always distinguished by the name 'Sweetheart.' It happened one day that 'Sweetheart greatly over-roasted the only joint he had for dinner; upon which he sent for her, and with great coolness and gravity: 'Sweetheart,' says he, 'take this down into the kitchen and do it less.' She replied that was impossible. 'Pray, then,' said he, 'if you had roasted it too little could you have done it more?' 'Yes,' she said, easily could she have done that. 'Why, then, Sweetheart,' replied the dean, 'let me advise you, if you must commit a fault, commit a fault that can be mended.' "

The punctual and the unpunctual are always with us, so it is a wise cook who knows her own master, and in preparing dinner she may like to make choice of these few suggestions according to the measure of her hope or her experience.

*For the Punctual, Chicken Grillé à la St. Jean*

Bone a nice chicken, or, if a novice, let it be boned at the purveyor for future imitation. Prepare a farce from veal or the best parts of a rabbit in the usual way, with  $\frac{1}{2}$  teacupful cream, 1 whole egg, and seasoning added to the pounded meat. Fill the inside of the boned bird, which will be spread out flat, with the farce, and cook under the gas or electric griller. Serve it, preferably, on a silver-plated grill above a meat dish, or on a long fireproof dish, cut right across in thick 1-inch slices, with perfectly-made bread sauce, gravy and a garnish of watercress, or a cold Tartare sauce, if preferred.

§ Choose a poussin, small broiler or roasting chicken for this dish, allowing 1 person, depending on size.

§ It is important that the veal or rabbit meat for the farce is

pounded or ground to a paste or you could use the electric liquidiser.

§ Grill the bird under a moderate grill, basting from time to time, until it is tender.

*Soufflé de Prunes à la Russe.*

Stew  $\frac{1}{2}$  pound French plums with 4 ounces sugar till soft. Rub through a hair sieve, keep the purée soft and moist; whisk into it by degrees whilst hot 6 whites of eggs. Fill the mixture into a low plated dish and bake for 10 minutes in a sharp oven. Send up with some vanilla iced cream served separately, or some small blobs of stiffly-whipped cream dropped on the top of the soufflé as it goes in.

§ Fill the mixture in a large shallow baking-dish—no more than half-full. Bake in a hot oven,  $425^{\circ}\text{F}$  or Gas Mark 7.

§ As with all hot soufflés serve immediately.

For the unpunctual, try a savoury dish of  
*Paprika Stew*

Skin 4 large onions, cut up, and stew them a bright golden colour with 6 ounces fresh butter. Rub this through a fine sieve with  $\frac{1}{2}$  pint sour cream, a saltspoonful of salt,  $\frac{1}{2}$  teaspoonful paprika pepper (procurable at all Stores), and add your previously jointed and cooked chicken, or slices of cooked meat, game or rabbit; let this heat thoroughly and slowly; serve in a casserole with plain boiled rice, slightly flavoured with paprika and a green vegetable. For 4 persons or more depending upon amount of chicken or meat available.

*Iced Chicken Soufflé with Curried Livers*

Pound the breast of a boiled chicken, adding  $\frac{1}{2}$  pint Béchamel sauce, and pass it through a hair sieve. Whip  $\frac{1}{2}$  pint

cream; add it to the chicken. Take a white soufflé dish, stand a small jar in the centre, filling the soufflé dish around with the chicken cream. Set it in the ice cave for some 2 hours. Remove jar and fill in the space with curried chicken livers, prepared thus: Trim 6-8 chicken livers and put in a stewpan with a walnut of butter and seasoning. Cook these for some 10 minutes; add 1 teaspoonful each of curry powder, curry paste, and 1 tablespoonful desiccated coconut (previously steeped and stirred in hot milk and most of the nut part eliminated) and a little chopped shallot. Let the livers cook in this for another 10 minutes to absorb most of the moisture before letting them get cold and adding to the chicken soufflé. With this serve cold curried rice and brown bread-and-butter sandwiches with a little chutney in them.

FOR 6 PERSONS.

For a long suffering sweet, try this  
*Apricot Purée (with puffed rice)*

Stew 1 pound best dried apricots after an all-night soak. When cooked soft, add a small tin of peeled apricots; boil together, sweeten to taste; reduce the syrup, pass through a wire sieve, and put into a shallow glass bowl; cover completely with a thin layer of partly whipped cream (about 6d worth), and perhaps a few chopped pistachio nuts to embellish. With this send round a glass finger-bowl of that useful American cereal 'puffed rice' just crisped in the oven, to be sprinkled on by each guest. This sweet is suitable also for holiday luncheons or Sunday suppers. FOR 5-6 PERSONS.

§ Stew apricots with the water to cover and add sugar to taste.  
 § Use about  $\frac{1}{2}$  pint of thick cream.

'It is better to be punctual than to be sorry,' is an admonition that has often embarrassed apologetic youth; but fortunately women are by nature forgiving, and the erring often more lovable than the faultless.



## *Hints for holiday housekeeping*

**T**HREE ARE ANY NUMBER OF REASONS FOR LEAVING home for an Easter holiday, and all of them good. Many of us, like blind Milton, "have been long in populous city pent, where houses thick and sewers annoy the air," and the scent of primrose-starred woods and budding larches can intoxicate even our imaginations. Breadwinners who have worked hard need fresh air and exercise. Children who have wintered and schooled in town hear the call of Spring with longing, and should not be denied its short-lived rapture; whilst mistress and maids alike demand the opportunity for an annual purification of the dwelling after the long dirt-dealing months of winter. We must not, however, forget that those who preside over seaside quarters or farmhouse rooms, or the caretakers of our country cottages may hold narrow views of holidaymakers' requirements, and often disappoint the most legitimate claims, the most reasonable expectations. "We never provide anything hot after the mid-day meal, and we don't look to do any cooking of a Sunday," is a not infrequent lodging-house formula; and even those things we might expect the country to provide in easy profusion are often strangely absent. Fresh fish is notoriously un procurable along the coasts, chickens and vegetables only materialize in streets and Stores, and milk, cream, and butter are rare in those rural surroundings where they should most abound. The wise housekeeper will, then, prepare a hamper at home wherewith to satisfy country appetites and equip holiday excursions, thus preclud-



ing friction or disappointment. Let her pack a case from her own storeroom, or select one from some of the great Stores who deliver free, unless local enterprise can be relied on to provide her adequately. She might include some good jam, and a few favourite biscuits such as gingerbread-nuts, Scotch shortbreads, and digestive whole-meals. A loaf cheddar, a sugar-glazed ham and a pickled tongue, together with a home-made game-pie will be invaluable. Some potted fish, tinned fruits and vegetables, a case of oranges, lemons, and apples, some raisins, dates, first-rate chocolate and peppermint sweets, with a little choice tea, coffee, and cocoa, and home, sweet home will still be loved, but not regretted. As tea will probable be the first meal, here is a good big *Dundee Cake* made at home to enrich it.

#### *Dundee Cake*

Cream together 1 pound each fresh butter and caster sugar, add the grated rind of a lemon; then one by one beat in 8

eggs and beat all for 10 minutes, then work in 1½ pounds flour with a teaspoonful of baking powder mixed in; then add 1½ pounds sultanas and ½ pound mixed peel. Put in buttered cake tin, sprinkle the top liberally with blanched almonds, and bake in a warm oven for 2½ to 3 hours.

§ Use a deep 9 to 10-inch cake tin.

§ Bake in warm oven, 325°F or Gas Mark 3.

#### *Game Pâté*

Two pounds of calf's liver, 2 pounds not very fat bacon cut into squares, a walnut-sized piece of butter, pepper, salt and herbs, parsley and shallot finely chopped. Fry these gently together. When cooked put them into a mortar, after first removing the fat, pound well, and season highly. Cut a cooked chicken, rabbit, or game, into moderate-sized pieces. Season with allspice and black pepper. Lay some of the pounded forcemeat at the bottom of a large oval game pie dish, cover with a layer of chicken or game, mixing the white and brown meat, and so on till dish is full, ending with a top layer of forcemeat. Put this game pie dish into a stewpan half-full of water on the fire for 2 or 3 hours, according to size. When cooked press contents tightly down and round the dish and flatten with a wooden spoon. Pour clarified butter thinly over the top to exclude air; garnish with broken aspic and parsley. FOR 14-16 PERSONS.

§ Suitable flavouring herbs are thyme, marjoram or mustard.

§ Allspice is sometimes called Jamaican pepper or pimento.

*Potted Salmon* is a popular adjunct to high tea, and can be home-made thus:—

Poach 1 pound fresh salmon. When cold pound it well in a mortar with 2 ounces fresh butter, a little powdered mace, salt and a pinch of cayenne; pass through a wire sieve,

adding a little more butter if too stiff; press well down in a potted meat jar and cover over with some clarified butter.  
**FOR 6-8 PERSONS.**

§ To poach salmon—*wipe fish and place on the tray of a fish kettle or large saucepan. Cover with cold water, rind and juice of  $\frac{1}{2}$  lemon, 1 bay leaf, 2 small peppercorns, sprig of parsley, a small chopped onion and half a teaspoon of salt. Cover tightly and bring slowly to the boil. Simmer for 5-10 minutes (depending on the thickness of the piece), remove from heat and take off the lid. Leave fish to cool in liquid.*

If you have included some American sweet corn in your tinned vegetables, it can be easily heated, and used as a groundwork for a nice supper-dish of poached eggs. If a simple sweet for young children easily made upstairs is desired, try what Chinese cooks delight to offer as *Engleesh Strawberry Mash*—namely, skinned bananas cut up and mashed with strawberry jam into a thick moist purée, and served in a glass bowl with thick cream over the top. Should there be any ice handy—but no, that is the thought of an optimist; yet, eaten with eyes shut, it will recall the 4th of June to Etonians, and many a garden tea-party in lovely summer. When the young people have gone to bed, a tiny glass of this *Orange Cordial* from the storeroom would not come amiss. Take 4 selected lemons and 4 Seville oranges; peel very thin and slice finely into a large crock (with cover) with 1½ lb. loaf sugar broken small. To this add  $\frac{1}{2}$  gallon unsweetened gin and halfpennyworth of hay saffron. Let this stand 8 days in a warm place, stirring it once a day. Strain and bottle. This should make three bottles.

Any omissions in the commissariat will provide valuable guidance for the future, and there are few places and occasions where an open mind cannot acquire some useful knowledge or helpful experience.



## *Of fish cookery*

FISH HAS OF LATE BECOME A MORE POPULAR article of diet than it used to be, partly owing to the greater variety offered, and also because facilities of transport bring it to market in far better condition. There is still, however, much room for improvement in the matter of cost, and for education in the methods of treatment.

No reader of Pierre Loti's *Pêcheur d'Islande* can see the great cod on the fishmongers' slabs without remembering his moving descriptions of toil and danger in Northern seas, whilst the crabs and lobsters, the red mullet and iridescent mackerel, recall pages of romance from the vivid pen of Victor Hugo. High tea with its fresh herrings, and the worker's supper of bloater or kipper, hold an added interest when we conjure up a vision of harbour quays in the far Shetlands, where brown sails are furled, and Scotch fisher-girls with bare feet, shawled, hooded, and kilted high, work with dexterous swiftness, whilst the sea-gulls cry and hover under the grey skies.

The following recipes for fish cookery may be useful in popularizing what is "halesome farin'" as well as "lives o' men."

This family bowl of economical but excellent *Cod's Head Soup* can be recommended.

### *Cod's Head Soup*

Fry in a stewpan large enough to hold a medium-sized cod's

head, 2 chopped onions to a golden brown, add 2 dessert-spoonfuls flour, 1 teaspoonful curry powder, all stirred together and then the cod's head added. Just cover with water, add 3 sliced tomatoes, a bouquet of thyme, parsley, bay leaf and let them all simmer *gently* from 2 to 3 hours. Strain through a sieve, return soup to stewpan, season with salt and pepper, boil up and before serving add some cooked vermicelli or some croûtons of bread. FOR 4 PERSONS.

*Fried Fillets à l'Orly* of whiting, plaice or lemon sole, for a family dinner-party.

Lay as many fillets of fish as required in a dish and marinade for an hour with a little olive oil, and a few slices of carrot, onion, thyme and parsley sprinkled over. Make a batter, allowing 4 ounces of flour, a pinch of salt, 1 egg yolk and a  $\frac{1}{2}$  pint lukewarm water. Leave to rest for one hour. Add white of 1 egg whipped stiffly, dip each fillet into batter, and deep fry in hot lard until golden brown and crackling crispy. Put the remaining batter into a colander, and stir with a wooden spoon into the hot fat and fry a golden colour, looking like large field peas in size but brown. Drain and dish the fillets on to a hot dish, sprinkle over the fried bits of batter and some fried parsley or celery tops, and serve very hot, with quarters of lemon or with a cold anchovy sauce made by whipping, not too stiffly,  $\frac{1}{2}$  pint of thick cream, adding very gradually a teaspoonful of anchovy essence—one of the simplest, best, and but rarely seen, fish sauces.

§ It is important to leave the batter to rest before adding the egg white and oil, otherwise it tends to peel off the fish during the frying.

*Cold Crab Soufflé*, for a summer luncheon party of eight.

Take a freshly-boiled crab weighing about  $3\frac{1}{2}$  pounds.

Remove all flesh from the shell and one claw, put into a basin, season with salt and pepper, add a teacupful of mayonnaise sauce and one of liquid aspic jelly. Mix all well together and stir in  $\frac{1}{2}$  ounce melted gelatine. Lay at the bottom of a fluted white china or silver soufflé dish some lettuce leaves, shredded, and some slices of tomato; half fill with the prepared crab, then cover over with part of the meat flaked from the other claw, cover with the rest of the mixture, then the rest of the claw. Leave this to set. Before serving it very cold cover the top of the soufflé with finely-chopped aspic jelly, and send round sandwiches of white or brown bread with green filling.

There are so many nice ways of cooking soles that it is difficult to make a choice, but for a small informal party of six or eight who appreciate a good fish course, offer :—

*Soles à la Dorchester*

Fold in half the required number of fillets of sole and poach them carefully. Lay them in a round buttered fireproof or glass ovenproof dish, and sprinkle freely with some previously cooked and cut up asparagus spears or tips (or green peas). Pour over some good Béchamel sauce, to which about a tablespoonful of grated Parmesan has been added. Put into the oven until slightly browned, and serve in the same dish. The same fillets might be served *à la Dorothéa*, on a round metal dish with a suspicion of tomato sauce about their moist and creamy poached folds, lying round a timbale of savoury yellowish rice, enriched with plenty of butter and seasoning, and a pinch of saffron, a suspicion of the same rather thick tomato sauce, and a certainty of finely-chopped mushrooms or of truffle peelings.

§ Poach the fillets as directed for *Filet de Sole Maison*, page 179.  
 § A timbale is a mound or pile of rice.

A holiday luxury for schoolroom tea of *Potted Shrimps* is best made at home.

Take 1s. worth of freshly-picked shrimps and wash them in a little warm water; drain, dry, and pound them lightly, leaving a few whole. Work in enough fresh butter to lubricate and bind them, with some pepper and salt, and press them into a wide-topped shallow pot or jar, cover with clarified butter. Or if for *immediate* use, substitute for the covering butter a little thick cream, salted and peppered. Any fragments of salmon or lobster might be worked in with advantage, but shrimps keep fresh a shorter time than these, which is against mixing them, unless for prompt consumption. FOR 8 PERSONS.

§ For ‘a shillingsworth’ use about 12 ounces of peeled shrimps and 5 ounces butter for 8 persons.

Consideration for the reader precludes further suggestions, but having enjoyed these, there is the comfortable reflection that the ocean is as fertile as the land, and that there are “as good fish in the sea as ever came out of it”; a blessed truth which our coward spirits are tempted to doubt or even to deny.



## *Some Easter sweets*

FOOD FOR THOUGHT IS THE DAILY AND OFTEN DISTASTEFUL portion of all, but thought for food is the house-keeper's prerogative, and one which she will the more joyfully exercise when prices drop with the approach of summer, when milk, cream, and butter get every day more plentiful, and hens lay their best Easter eggs with commendable diligence. Suggestions for some nice sweet dishes specially suitable to that festive season will not perhaps be inappropriate. First, then, a dish of *Meringues* for Spring's birthday party, and be sure you get the mixture right, not white, chalky, oversweet, but slightly sticky and soft, below a thin crisp outside shell of the complexion of the weakest *café-au-lait* imaginable, and cooked freshly, not dried overnight in the oven as some ordain. This formula for a dish of the usual small type of meringues is generally successful, but a suitable oven temperature is the ruling factor, and here practice and experience, the only trustworthy guides, alone can teach.

### *Small Meringues*

Four whites of eggs and 8 ounces white sugar. Beat the egg whites first, adding sugar slowly, beating all the time. Work away hard at this till all the sugar is incorporated and the mixture stiff so that the whisk refuses to function. Put the half meringues in heaped tablespoonfuls on to a wooden

board, and cook in a very slow oven from 30 to 60 minutes. Shape if necessary, fill with whipped cream flavoured vanilla, chocolate, orange or violet, and join together.

§ Care must be taken to add the sugar gradually.

§ The old-fashioned idea of baking meringues on a wooden board prevents them from baking too quickly. The soft inside may be taken out using the handle of a teaspoon.

For the latest fashion in this sweet—the large *Gala Meringue*

Make 2 flat meringues about the size of a pudding or meat plate, according to requirement, in the usual way with the whites of 5 eggs and 10 ounces sugar. Whisk stiffly  $\frac{1}{2}$  pint cream, incorporate into it some fruit, such as white grapes, skinned, pipped, but not quite divided, and some bananas sliced into shillings, or thinly-cut canned apricots or peaches, or bottled maraschino cherries might be used, or fresh strawberries. Spread the lower meringue to the depth of 1-inch with this sandwich mixture of cream and fruit, and cover it lightly with the other meringue, serving on a large round silver or decorative china dish. FOR 4-6 PERSONS.

§ Bake the meringue in a very cool oven,  $259^{\circ}\text{F}$  or Gas Mark  $\frac{1}{4}-\frac{1}{2}$  for  $1\frac{1}{2}-2$  hours or until dry.

Here is a recipe for *Caramel of Eggs*, a sweet suitable for a refined little luncheon or dinner of six, and calculated to give an impression of largesse unwarranted by fact. Indeed, bets have been won on the number of eggs required, and the cost of the pudding thereby reduced!

Whip 3 whites of eggs very stiff, incorporating 3 ounces caster sugar as for meringue. Line a small charlotte mould throughout with a thin caramel of burnt sugar and water, and let this just set, pour in the egg froth and steam very gently in a large stewpan for 1 hour; let it cool in the stewpan



for 1 hour. Make a custard with the 3 yolks, adding  $\frac{1}{2}$  pint cream, or cream and milk mixed, flavour nicely with crushed vanilla pod or essence, sweeten and pour round the now firm white island flecked with caramel turned out into a silver dish, and serve very cold. Any nice compote of fruit could advantageously, though not necessarily accompany this sweet or some home-made macaroon biscuits.

§ Whisk half the sugar into the egg whites and fold in the remainder.

§ This sweet is sometimes called 'Floating Island'.

#### *Macaroon biscuits*

A  $\frac{1}{2}$  pound ground almonds,  $\frac{1}{2}$  pound icing sugar, 2 whites of eggs whipped and 2 unwhipped; bake about 20 minutes and put half an almond on the top whilst still soft. Or for a harder variety of macaroon, try  $\frac{1}{2}$  pound ground almonds,  $\frac{1}{2}$  pound caster sugar,  $\frac{1}{2}$  ounce rice flour, essence of vanilla

to flavour, and 3 small whites, all well beaten for 10 minutes, placed on round rice papers in spoonfuls, and baked for 20 minutes in a moderate oven, 300°F or Gas Mark 4.

This *Bombe Néro* was one of the successes of the artist chef of the Cannes Casino during a recent conference:—

Make a round fresh madeira or sponge mixture cake, scoop out the inside, and fill in with some good vanilla ice cream. Cover with meringue, put on an ovenproof dish and into a quick oven at once till the meringue is lightly browned—2 minutes or less should suffice—withdraw and pour round a few tablespoonfuls of old rum or brandy warmed, and set this alight at the dining-room door. Serve at once. FOR 4-6 PERSONS.

§ *The ice cream should be really cold and firm for this dish.*

Our American friends have a variety of this, known as *Baked Alaska*, the cake omitted, the central mound of fruit-flavoured ice cream coloured pink, the meringue mixture thrown over it more copiously, and a little thin maple syrup sauce, fruit flavoured and also coloured pink to accompany in a bowl.

The following *Pears en Surprise* we owe to the abundant modern importations of sweet nicely-shaped Cape dessert pears:—

Peel and stew the required number, not too soft (leaving on the stalk), in a syrup flavoured with lemon peel and cloves. When cold, cut off the top 1-inch below stalk, scoop out centre of lower part, fill in with vanilla-flavoured whipped or iced cream, replace the top, adding a ruffle of stiffly-whipped-vanilla cream, and stand the fat end of each pear on a toasted round of cake soaked with a little sherry. Serve in a glass dish with the surrounding syrup.

To close on a note of moderation, enabling the cook to make a nice Sunday sweet before she goes out, here is a good *Cold Lemon Soufflé*.

Take the yolks of 3 eggs, the juice of 3 lemons, and grated rind of 2, with  $\frac{1}{2}$  pound loaf sugar and about 1 tablespoonful of gelatine dissolved in water. Stir all over a low fire till it thickens. Cool. Whip  $\frac{1}{2}$  pint cream and beat up the whites of the 3 eggs stiffly and stir these gently into the custard mixture. Pour all into a soufflé dish, and sprinkle with chopped pistachio or crushed ratafia, and serve very cold.

FOR 4-6 PERSONS.

§ 1 level tablespoonful of gelatine weighs about  $\frac{1}{2}$  ounce. Dissolve the gelatine in about 3 tablespoons of water before adding to rest of ingredients.

§ Do not overheat the mixture or it may curdle.

This series of recipes and suggestions is now, with apologies for any imperfections, brought to a close, remembering that it is better to turn off the tap whilst yet there is water in the cistern. Did not the Princess Grania, when asked by her lover Diarmid which was the best of jewels, reply, "The Knife"—a saying to be noted by men, women, and writers. Echoing then the words of a great teacher but lately gone from us, this writer would say in farewell, "Some authors expect fame, others desire gold. I shall be content with forgiveness."

# Soups

K.E.

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## *Soups*

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### **Artichoke Soup**

*6 Jerusalem artichokes*

*1 ½ pints milk*

*salt and pepper*

*little whipped cream*

*fried bread croûtons*

Peel the artichokes tossing them into acidulated water as you do them. Cook in water until they are really soft. Sieve into a heated soup tureen. Boil the milk and pour it over the artichoke purée. Stir in the seasoning. Pour the whipped cream over the top and serve with croûtons.

Making the soup this way ensures a delicious snow-white and creamy soup. *For 4 persons.*

### **Bisque of Lobster**

*The flesh of 1 lobster or  
cray fish (freshly killed)*

*½ pint white wine*

*salt and pepper*

*1 small onion, sliced*

*a bouquet garni*

*2 tablespoons rice*

*2 pints stock*

*1 egg yolk*

*a little thick cream*

*a little butter*

Cook the lobster or crayfish flesh in white wine, salt, pepper, onion and bouquet garni. Boil the rice in the stock. When it is cooked pound together with the lobster and the cooking liquid. Rub this mixture through a tammy or hair sieve. Add the stock and heat gently. Beat the egg yolk, cream and butter together. Pour in the bottom of the tureen. Pour the soup (which must not be boiling) gently into the tureen, stirring all the time with a wooden spoon. If too pale, colour with the coral of lobster or carmine to a pale pink.

The shell and the claws can be boiled with the flesh to add to the flavour. The bisque can be made from a cooked lobster, in which case it must be simmered gently, for a few minutes only in the wine. *For 4-5 persons.*

### Bonne Femme Soup

6-8 sorrel leaves	2 pints good stock
6-8 lettuce leaves	salt and pepper
1 medium onion, diced	1 egg yolk
butter for frying	2 tablespoons cream

Cut the sorrel and lettuce into very fine strips. Fry the onion lightly in butter then add sorrel and lettuce. Cover with stock and simmer for 45 minutes. Season to taste. Mix the egg yolk and cream in the soup tureen. Pour the hot soup over, stirring all the time. *For 4-5 persons.*

### Bortsch (clear)

3-3½ pints beef stock (preferably the liquor from boiled beef)	4 lumps sugar
3 bay leaves	a little colouring
½ pint white wine	6 beetroots, cooked, skinned and sliced
5 tablespoons sherry	2 tablespoons malt vinegar

Prepare the stock without salt and add 2 bay leaves. Then add the white wine, sherry, sugar and a little colouring. Add the beetroots, 1 extra bay leaf and vinegar. Bring to the boil reduce heat and simmer gently until it is a good red colour. *For 8 servings.*

### Bortsch (with Vegetables)

<i>1 onion</i>	<i>bouquet garni</i>
<i>1 carrot</i>	<i>4 tomatoes, sieved</i>
<i>1 stick of celery</i>	<i>sugar and salt to taste</i>
<i>1 parsnip</i>	<i>stock</i>
<i>1 beetroot</i>	<i>1 tablespoon flour</i>
<i>half a cabbage</i>	<i>½ pint sour cream</i>
<i>1 clove garlic, crushed</i>	

Slice or finely shred the onion, carrot, celery, parsnip, beetroot. Coarsely shred the cabbage. Put the vegetables (except the cabbage) into a pan and cover with hot stock. Add salt, crushed garlic and bouquet garni. Cook slowly for 1½ hours. When cooked add the cabbage and simmer until tender. Add the tomatoes and sugar. Check seasoning. Blend the flour with a little cold water. Mix with a little hot soup, then add the bulk of the soup. Bring to the boil and cook for a few minutes. Remove from heat, cool a little and add sour cream. *For 6 persons.*

**Bouillabaise**—see page 126.

### Carrot Soup

<i>3 pints water</i>	<i>a few lumps of sugar</i>
<i>1 pork or ham bone</i>	<i>3 level tablespoons flour</i>
<i>2 pounds carrots, sliced</i>	<i>a knob of butter</i>
<i>1 medium onion, chopped</i>	<i>whipped cream</i>
<i>salt and pepper</i>	

## SOUPS

Put the water and bone in a stock pot. Bring to the boil. Skim. Cover and simmer for 3-4 hours. Boil the carrots and onion in the stock until tender. Sieve and add sugar. Mix the flour with a little cold water. Stir into the hot soup. Return to saucepan, cook until slightly thickened. Add butter and serve with whipped cream. *For 6-8 persons.*

### Chicken Cream Soup

<i>1 chicken carcase</i>	<i>½ pint thin cream</i>
<i>3 pints chicken stock</i>	<i>salt and pepper</i>
<i>2 carrots, chopped</i>	<i>2 egg yolks</i>
<i>2 onions, chopped</i>	<i>1 stick celery, cooked and finely chopped</i>
<i>1 small piece of mace</i>	<i>1 carrot, cooked</i>

Prepare chicken stock in usual way from the chicken carcase and 2 chopped carrots, onions and mace.

Beat the cream, salt, pepper and egg yolks together in a basin. Add a little hot stock, mix with the remaining soup and heat gently—but *do not boil*. Add the celery. Press the cooked carrot through a large sieve and sprinkle it on top of the soup just before serving. *For 6-8 persons.*

### Clear Green Pea Soup

<i>1 boiling fowl or knuckle of veal</i>	<i>pepper</i>
<i>2 sticks celery, sliced</i>	<i>3-4 handfuls washed peapods</i>
<i>1 onion, sliced</i>	<i>2-3 egg whites</i>
<i>1 carrot, sliced</i>	<i>Sap green for colouring</i>
<i>½ teaspoon salt</i>	<i>a few cooked green peas</i>

Prepare chicken stock: put the cleaned and prepared chicken or veal in a stock pot. Cover with cold water. Add the celery,

onion, carrot and salt. Bring to the boil, cover and simmer for 3-4 hours. Strain, then leave overnight.

Remove the fat, place stock in a stewpan with the pea pods. Let them simmer gently until the stock tastes of the pods, then strain and clarify with egg whites and more pods. When clear, strain through muslin. Just before serving, add a few drops of sap green to colour and a few cooked green peas to each soup pot.

If preferred cold, pour into soup cups when cleared. Serve chilled with a few green peas before quite set. *For 6-8 persons.*

### **Clear Mulligatawny Soup**

2 pints good stock	roast chicken, rabbit or game bones, as available
2 onions, sliced	
1 large cooking apple, sliced	plain boiled rice
1 tablespoon desiccated coconut	left-over cooked chicken or game
1 dessertspoon curry paste or powder	

Put all the ingredients except the rice and meat, into a stewpan and simmer gently for 1 hour. Strain and remove fat, clarify and strain through a muslin or a fine sieve. Reheat and serve with the rice and pieces of chicken or game in the soup.  
*For 4 persons.*

† **Clear tomato soup**—see page 28.

† **Clear Vegetable Soup (Consomme des douze)**

Take 12 different kinds of vegetables

3 carrots, sliced	1 medium sized potato, scrubbed
2 onions, sliced	2 tomatoes
1 beetroot, peeled	piece of cabbage
1 cupful of peas, runner or French Beans, piece of marrow, small cauliflower, celery when in season, a little spinach or watercress	
Butter for browning	

## SOUPS

Fry the sliced carrots and onions in hot butter until golden brown, then add rest of vegetables. Add hot water to cover and simmer for twelve hours, adding more hot water if necessary.

Strain through a soup cloth or 2 thicknesses of muslin, remove any grease. It should be nice and clear and look like consommé.

Winter root vegetables may be used as well, such as parsnips, artichokes, or turnips in place of peas, beans, etc., but the soup will taste sweeter. *For 6 persons.*

**Cod's Head Soup**—see page 140.

**Consommé Brunoise**—see page 121.

**Consommé à l'Estragon**—see page 110.

**Consommé à l'Indienne**—see page 55.

**Consommé Fausse Tortue**—See page 16.

**Consommé Without Meat**—see page 3.

### Croûte au Pot

2 ounces butter	1 leek, sliced
4-5 small onions, halved	2 stalks celery, sliced
1 carrot, quartered	2-3 pounds beef (silverside)
piece of turnip, sliced	salt and pepper
1 parsnip, quartered	bouquet garni

#### GARNISH:

- 1 carrot, boiled
- 1 small onion, cooked
- 3-4 small cabbage leaves, cooked
- Melba toast

Fry the vegetables lightly in the butter. Tie the meat securely with string. Add the vegetables to the beef in a large saucepan. Fill up with water, to cover the meat, add the salt, pepper and herbs. Bring to the boil and let it simmer for 2-3 hours. Skim once or twice. When meat is cooked, lift it carefully out of the pot and then pour off or ladle out the clear part of the liquid in the pot into a basin. Set this aside to cool for soup the next day. Take out the remainder of the liquor in the pot and serve with the vegetables. Next day remove fat from stock. Add the garnish: the sliced carrot, quartered onion and sliced cabbage leaves. Heat the soup (which should be clear). Serve very hot with Melba toast made by crisping bread in the oven.  
*For 8 persons.*

**Everyman Soup**—see page 127.

**Frothed Wine Soup**—see page 92.

**Garbure à la Lyonnaise**—see page 11.

### Leek Soup

3 large thick leeks	½ pint thin cream
1 small onion	3 ounces butter
2 large potatoes	salt and pepper

Wash the leeks thoroughly making sure all the soil is removed. Cut off and discard the green part of the leeks 1-inch above the white. Slice the vegetables finely. Melt half the butter and add the vegetables. Cover and cook over low heat for 10-15 minutes. Moisten with 2 pints of hot water. Cover and simmer until vegetables are soft. Rub through a fine sieve. Add the cream and butter and season with salt and pepper. Reheat but do not boil. *For 4-5 persons.*

**Lentil Soup**

6 ounces lentils soaked over-night	1 onion, finely chopped
2 pints ham stock	1 potato, diced
2-3 lumps of sugar	1 ounce butter
1 clove	salt and pepper chopped parsley

Drain the lentils. Simmer in the stock adding the sugar, clove and onion. When nearly cooked add the potato. Cook for a further 20 minutes. Remove the clove and season with salt and pepper. Just before serving add the butter and chopped parsley. *For 4-5 persons.*

**Maigre Soup**—see page 74.

**Minestra Soup**—see page 32.

**Potage Sarnoise**

1 pound conger eel	½ pint milk
1 small onion, chopped	1 ounce butter
a little parsley and thyme	salt and pepper
½ pint green peas, cooked	the petals of about 8 blooms of marigold

Simmer conger eel and onion in 1½ pints of water to which parsley and thyme have been added. Cook until the flesh leaves the bones, then strain. Return liquor to saucepan and add milk and butter. Reheat to boiling point and add the peas. Drop the marigold petals in just before serving. *For 4-5 persons.*

**Potage Tapioca**—see page 107.

**Scallop Soup**

<i>4 scallops</i>	<i>1 dessertspoon rice flour or flour</i>
<i>1 <math>\frac{1}{2}</math> pints milk</i>	<i>1 egg yolk</i>
<i>1 onion, chopped</i>	<i>4-6 tablespoons cream</i>
<i>knob of butter</i>	<i>salt and pepper</i>
<i><math>\frac{1}{2}</math> ounce butter</i>	

Take three of the scallops, cut them up and put them into a stewpan, with the milk, onion and knob of butter. Let this simmer for about an hour then strain through a fine strainer into a basin.

Melt the  $\frac{1}{2}$  ounce butter in the stewpan, add the flour. Cook for a minute or so then add the strained liquor. Cook gently, adding more milk if necessary, then add the remaining scallop, chopped finely, cook for a few minutes more.

Before serving pour the boiling soup on to the egg yolk mixed with the cream, salt and pepper. *For 6 servings.*

**Soup à l'Oignon (I) Union Bar, Alexandria**

<i>3 pounds onions</i>
<i>4 ounces butter</i>
<i>1 <math>\frac{1}{2}</math> level tablespoons flour</i>
<i>2 pints meat gravy or brown stock</i>

Cut the onions in thin slices. Fry them until they are golden brown in hot butter. Mix in the flour. Stir in the meat gravy and simmer together until the onions are soft. Pass through a sieve. Reheat and serve, preferably in brown pottery soup bowls. *For 5 servings.*

**Soup à l'Oignon (II)**

*4 medium onions, sliced  
2 ounces butter  
3 pints stock  
gruyère cheese  
French bread, thinly sliced*

Fry the sliced onions in hot butter until brown. Add the stock and cook briskly uncovered so that the stock reduces. Pour soup into a deep ovenproof casserole. Sprinkle with gruyère cheese. Add a layer of bread slices then a little more cheese. Add another layer of bread and finally plenty of cheese. Brown in a hot oven, 425°F or Gas mark 6. *For 6 persons.*

**Stychy Polonaise—see page 96.****Toheroa Soup**

<i>1 can toheroa</i>	<i>2 ounces butter</i>
<i>2 rashers bacon</i>	<i>3 level tablespoons flour</i>
<i>1 handful parsley</i>	<i>salt and pepper</i>
<i>1 sprig marjoram</i>	<i>½ pint milk</i>
<i>1 sage leaf</i>	

Do not shake the can so that any sand remains at the bottom. Drain the liquor carefully from the can and mince the fish. Mince the bacon and re-mince the fish with the bacon. Put in a saucepan with the liquor. Add an equal quantity of water. Chop the parsley, marjoram and sage very finely. Add to the fish and bring to the boil. Melt the butter, stir in the flour, salt and pepper. Add the milk. Bring to the boil, stir and cook for a few minutes. Add the toheroa mixture. Stir together, lower the heat and cook gently for 5 to 10 minutes. Add more milk or water if necessary. Serve with croûtons or thick slices of bread and butter cut in fingers. *For 4 persons.*

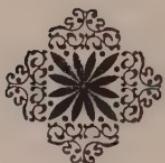
This soup is a speciality of New Zealand.

### White Mulligatawny Soup

1 medium onion, sliced	1 dessertspoonful redcurrant
1 ounce butter	jelly
1 tablespoon rice flour or flour	squeeze of lemon juice
1 tablespoon curry paste	1 egg yolk
1½ pints white stock	4-6 tablespoons thin cream
1 tablespoon ground almonds	left-overs of cold cooked chicken

Fry the sliced onion in hot butter until golden brown. Stir in the rice flour and curry paste. Cook for a few minutes. Add the stock and ground almonds. Simmer gently for 2 hours. Add the redcurrant jelly and lemon juice. Strain through a hair sieve and put back into the soup pan. Bring to the boil. Mix the egg yolk and cream in the soup tureen. Stir with the soup. Add a few pieces of finely-sliced chicken and serve. For 3-4 persons.

# Sauces



## Sauces

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### Aspic Jelly

*1 pint brown stock or canned  
consommé or bouillon  
1 small piece carrot, diced  
1 small onion, sliced  
small piece celery, sliced  
sprig parsley*

*pinch ground allspice (pimento)  
1 dessertspoon tarragon vinegar  
1 teaspoon Worcester sauce  
3-4 thin leaves (sheets) gelatine  
or  $\frac{1}{2}$  ounce powdered gelatine  
2 egg whites and shells*

Put the stock or bouillon, prepared vegetables and allspice into a saucepan. Simmer slowly for 30 minutes. Strain. Return to the saucepan and add vinegar and Worcester sauce. Add the gelatine and egg whites and shells. Stop whisking and allow to boil up. Leave at side of stove for at least 10 minutes. Bring slowly to the boil, whisking all the time. Strain through a double thickness of muslin and use as required. *For about 1  $\frac{1}{2}$  pints aspic jelly.*

### Bechamel Sauce

*$\frac{1}{2}$  pint milk  
1 or 2 parsley stalks or sprig  
parsley*

*4 peppercorns  
1 slice carrot  
1 slice onion (optional)*

## SAUCES

<i>1 blade mace</i>	<i>generous <math>\frac{1}{4}</math> ounce butter</i>
<i>1 bay leaf</i>	<i>scant <math>\frac{1}{4}</math> ounce flour</i>
<i>1 clove</i>	<i>salt</i>
<i>little thyme (fresh or dried)</i>	

Put the milk, parsley, mace, bay leaf, clove, thyme, peppercorns and carrot and onion if used, in a saucepan. Heat almost to boiling point, remove from heat and allow to infuse for about 20 minutes. Strain.

Melt butter in a thick, heavy saucepan. Remove from heat and add flour. Cook over gentle heat, stirring constantly until frothy but not brown. Gradually stir in the reheated milk, beating between each addition. Heat slowly until thickened. Pour sauce into the top part of a double boiler or use a basin over a pan of hot water. Leave sauce to cook very gently over low heat. Season to taste.

This sauce may also be made using half white stock and half milk. 1 or 2 tablespoons of cream may also be added. *For about  $\frac{1}{2}$  pint sauce.*

**Bread Sauce**—see page 23.

### Creamy White Sauce

<i><math>\frac{1}{2}</math> pint milk, warmed</i>
<i>scant <math>\frac{1}{4}</math> ounce flour</i>
<i>generous <math>\frac{1}{4}</math> ounce butter</i>
<i>salt and pepper</i>
<i>3-4 tablespoons cream</i>

Melt the butter in a thick saucepan. Add salt and pepper. Remove from heat and stir in the flour. Return pan to heat and cook. Stir constantly until mixture thickens and bubbles but does not colour. This mixture is called a *roux*. Gradually add the warm milk, beating between each addition. Heat sauce to

boiling point and cook for a few minutes to make sure sauce is thoroughly cooked. Check seasoning and add cream.

Velouté sauce is made following the directions for Creamy white sauce using hot stock instead of milk. Bring to the boil and add a few chopped mushrooms (stalks will do) and a sprig of parsley. Simmer very gently for 20 minutes, then strain. Season with salt, pepper and a teaspoon of lemon juice. Reheat but do not boil.

Fish stock is used when the sauce is to be used for fish.

### Cumberland Sauce

<i>1 orange</i>	<i>6 tablespoons redcurrant jelly</i>
<i>1 lemon</i>	<i>pinch of ground ginger</i>
<i>1 small onion, quartered</i>	<i>good pinch cayenne pepper</i>

Wash and peel the rind thinly from the lemon and orange. Cut into very fine strips. Put these in a saucepan with the onion. Add enough water to just cover. Simmer for 15-20 minutes. Strain. Remove onion. Put the rinds, redcurrant jelly, ginger and cayenne pepper in a small saucepan. Squeeze the juice from both fruits and add this too. Mix all together—reheat to melt the jelly.

Serve hot or cold with ham, venison or mutton.

### Sauce à l'Allemande

<i>Drippings from baking tin</i>
<i>1 teaspoon Bovril (or a little less of Marmite)</i>
<i>1 good tablespoon sherry</i>
<i>½ pint cream or ¾ of a large can of evaporated milk</i>

Drain off the fat from the baking (or roasting) tin. Blend the drippings with the Bovril and sherry. Stir together and add the

## SAUCES

cream or evaporated milk. Stir gently until it thickens. Pour over the meat. Serve with meat or hare. This sauce should not be made until the meat is ready to serve. *For 4 persons.*

### Sauce for Chicken

*1 level tablespoon onion, chopped  
2 ounces butter  
2 egg yolks  
 $\frac{1}{2}$  pint thin cream  
little meat glaze or chicken jelly*

Cook the onion in half the butter. Remove from heat and add the egg yolks. Warm over low heat until it thickens—do not boil. Add the remaining butter, cream and glaze or jelly. Test for seasoning.

### Sauce Duglère

<i>12 tomatoes</i>	<i><math>\frac{1}{2}</math> pint cream</i>
<i>2 onions, finely chopped</i>	<i>chopped parsley</i>
<i>fish stock to cover</i>	<i><math>\frac{1}{2}</math> pint mayonnaise</i>
<i>salt and pepper</i>	

Dip the tomatoes in boiling water for a minute or two—then peel them. Remove the pips and chop roughly. Put the tomatoes and onions in a pan and just cover with fish stock. Season and simmer for about 10 minutes. Add the cream. Reduce until fairly thick. Add a little chopped parsley. Allow to cool. Stir in the mayonnaise. *For 1 generous pint sauce.*

### Sauce Nouvelle

<i>3 egg yolks</i>	<i><math>\frac{1}{2}</math> pint thin cream</i>
<i>a knob of butter</i>	<i>1 tablespoon wine or tarragon</i>
<i>salt and pepper</i>	<i>vinegar</i>
	<i><math>\frac{1}{2}</math> pint thick cream</i>

Put the egg yolks in the top part of a double boiler. Or use a basin standing over a pan of hot water. Add the butter, salt and pepper to taste and the thin cream. Cook slowly, without boiling, whisking all the time. Cool and add the stiffly whipped fresh cream and vinegar. Chill before serving. *For 6 persons.*

### Sauce for Prawn, Lobster or Oyster Cocktail

$\frac{1}{2}$ pint thick cream	$\frac{1}{2}$ teaspoon mustard
1 tablespoon salad oil	1 teaspoon curry powder
1 tablespoon tomato sauce	1 teaspoon caster sugar
1 tablespoon Worcester sauce	squeeze of lemon juice
1 tablespoon vinegar	$\frac{1}{2}$ teaspoon salt

Put all ingredients in a bowl and whip to the desired consistency (the longer you whip the thicker it gets). This quantity should be sufficient for  $\frac{1}{2}$  dozen good-sized glasses. If cream is not available, evaporated milk or white Béchamel sauce could be used.

### Sauce Smitane

2 medium onions, skinned	$\frac{1}{2}$ pint white wine
2 ounces mushrooms, peeled	pinch paprika pepper
2 ounces butter	squeeze of lemon juice
pinch salt	$\frac{1}{2}$ pint sour cream

Chop the onions and mushrooms finely. Cook over low heat in butter until they are soft and limp. Add salt and wine and cook uncovered until wine is reduced by half. Add paprika, lemon juice and sour cream. Heat but do not boil.

Serve with meats and vegetables. *For 4 persons.*

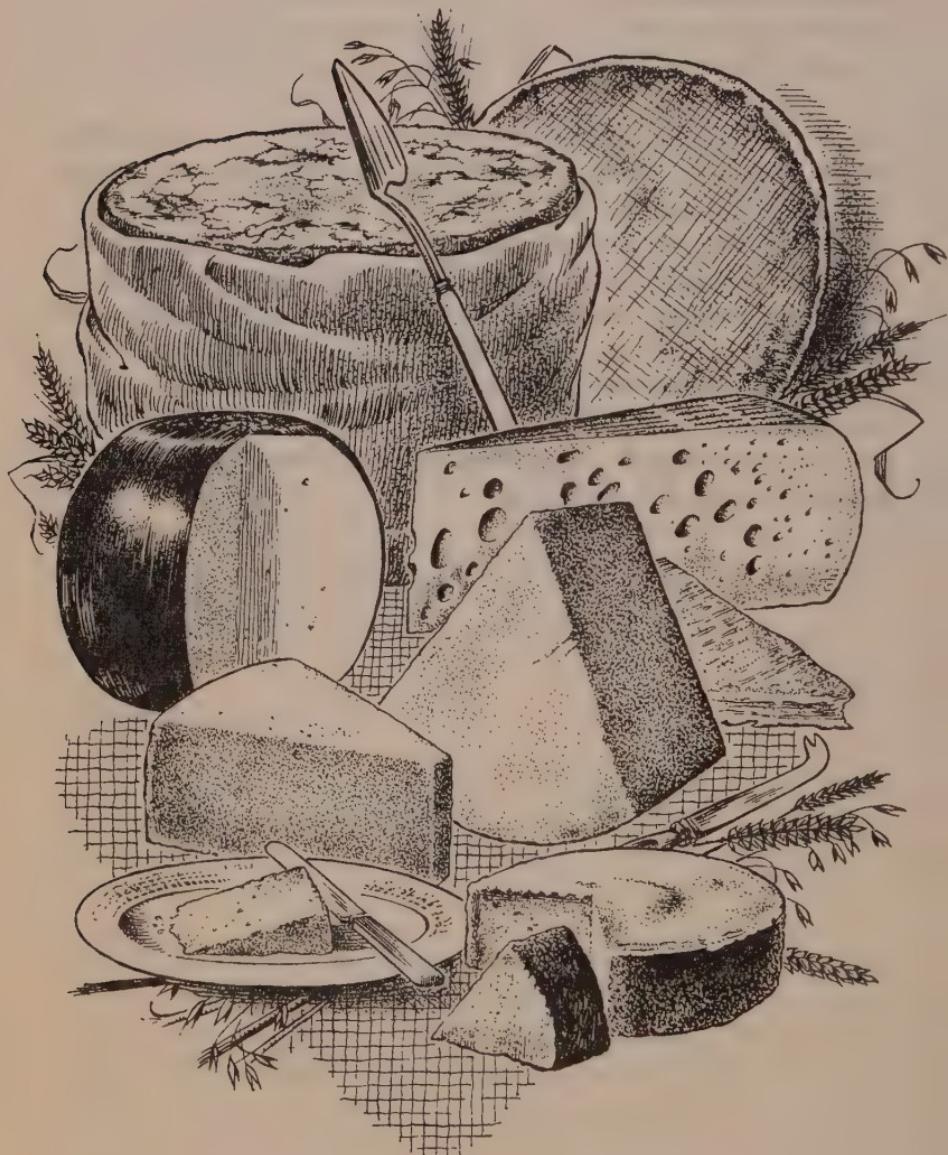
### Savoury Green Butter—see page 103.

**Soubise Sauce**

8 ounces onions, skinned	$\frac{1}{2}$ pint milk
2-3 ounces butter	salt and pepper
2 level tablespoons flour	1 egg, separated

Cut the onions into thin slices. Put them into a saucepan with the butter. Cover and stew slowly, stirring now and again. When the onions are soft and cooked, put them onto a wire sieve. Let the butter drip through into the saucepan placed below. Mix the flour into the butter. Cook this *roux* for a few minutes, stirring constantly. Gradually stir in the milk and season to taste. Bring to the boil, stirring constantly and cook thoroughly. Sieve the onions and add to the sauce. Check seasoning and reboil. Remove from heat and beat in the egg yolk. Partly whip the egg white and fold into the sauce just before serving. *For 4-6 persons.*

# *Cheese dishes*





## Cheese dishes

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† Camembert in Aspic—see page 29.

### Cheese Balls

4 ounces Parmesan or Cheddar cheese, grated	$\frac{1}{2}$ teaspoon prepared mustard
2 tablespoons fresh breadcrumbs	pinch cayenne
1 egg, separated	pinch salt
	dry breadcrumbs for coating

Mix cheese, fresh breadcrumbs, egg yolk and seasonings. Whisk egg white to a white snow (not too dry). Fold into cheese mixture. Shape into small balls the size of marbles. Roll in fine dry breadcrumbs. Fry in hot deep fat. Drain on paper towels. Serve immediately. *For about 15 balls.*

### Cheese Tartlets

6 ounces flour	2 ounces grated cheese (Par- mesan and gruyère mixed)
salt and pepper	
pinch dry mustard	4 ounces butter
pinch cayenne	1 tablespoon beaten egg

**FILLING:**

*½ pint thick cream*

*4 egg yolks*

*4 ounces grated cheese (Parmesan and gruyère mixed)*

Sieve flour with the seasonings. Cut the butter into the flour then rub in until mixture resembles fine breadcrumbs. Using a knife-mix in the grated cheese and add the liquid all at once into the centre of the mixture. Work quickly into a dough handling as lightly and as little as possible. Chill, if possible before using. Roll out dough and line deep tartlet tins. Chill again. Bake the tartlets 'blind' in a hot oven, 400°F or Gas Mark 6, for 10 minutes until pale gold. Do not overcook or the tartlets will taste bitter. When cooked leave to cool then remove from tins.

Put cream, egg yolks, and cheese in a double saucepan, or in a basin over simmering (not boiling) water. Take care, if water is too hot the mixture will curdle. Cook, stirring until thick—the mixture must not boil. Three-quarters fill each tartlet case with the custard and serve at once. *For 16 servings.*

† **Gnocchi with Parmesan**—see page 32.

**Nunwell Cream Cheese**

Pour very thick cream into a cheese cloth or butter muslin. Gather the corners together and suspend from a hook over a basin to let any milk drain away from the cream into the basin below. Hang for 12 hours. Put into a dish or mould perforated with holes and place on a trivet. Press under weights for 12 hours. To 1 pint cream use a 2 pound weight.

## ALTERNATIVE METHOD

Put 1 pint cream and a good pinch of salt in a muslin which has been washed and cooled. Tie the muslin, bag fashion, by taking the four corners and securing with string. Hang in a cool draughty place. Open the cloth every two hours and mix with a knife, to drain the cheese as quickly as possible. Use cream as fresh as possible. The draining will take about 36 hours.

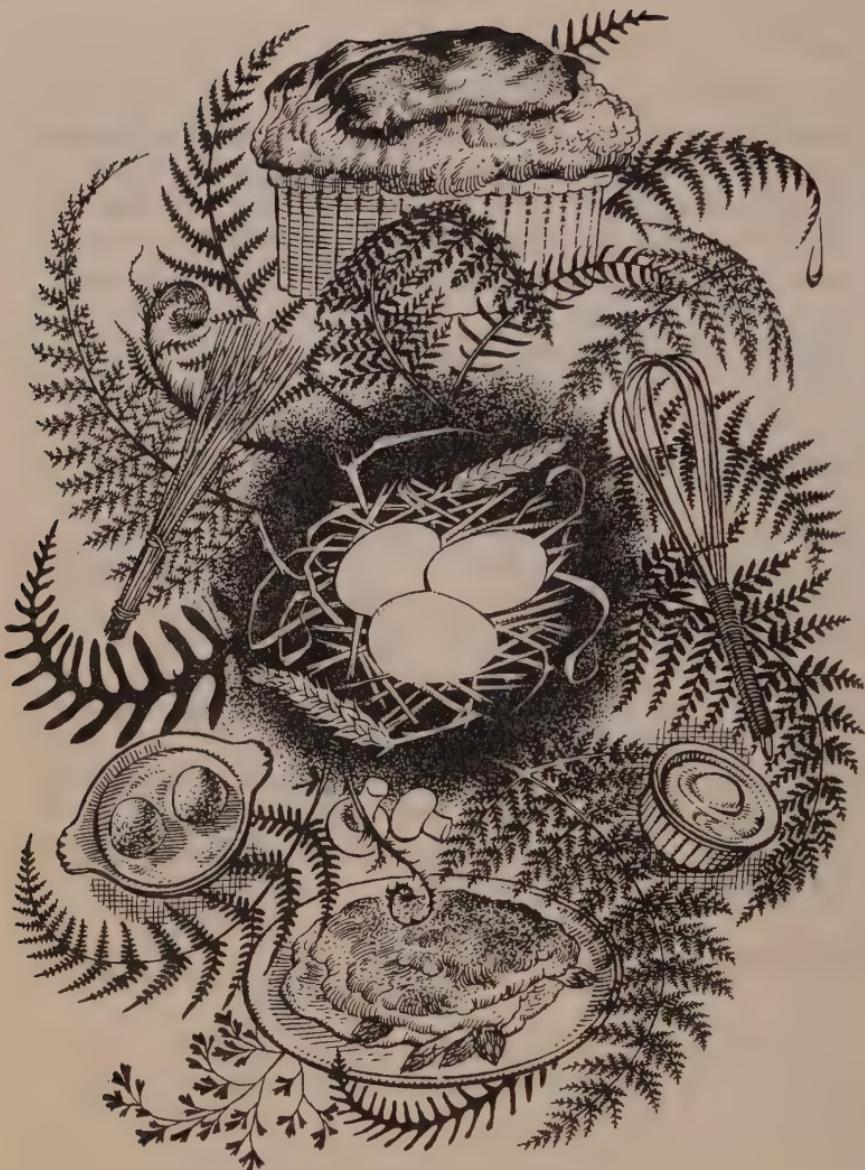
**Polenta au Gratin**—see page 36.

**Quiche Lorraine**

4 ounces shortcrust or flan pastry	salt and paprika, to taste
3-4 ounces lean bacon, chopped	3-4 ounces gruyère cheese, thinly
4 egg yolks or 3 whole eggs	sliced
good $\frac{1}{2}$ pint thin cream	pinch of sugar

Line a 7-inch flan ring with the pastry. Trim fat from bacon and fry lightly until golden. Mix the egg yolks and cream and add salt, paprika and sugar. Put the bacon and cheese in the pastry case and pour cream mixture over. Bake in a fairly hot oven, 375°F or Gas Mark 5, for about 30 minutes until pastry is crisp and golden brown. *For 4 persons.*

**Toasted Cheese**—see page 129.



## *Egg dishes*



## *Egg dishes*

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### **Asparagus Omelette**

*20 heads of asparagus  
4 tablespoons cream  
 $\frac{1}{2}$  ounce butter  
8 eggs*

*3 tablespoons warm water  
salt and pepper  
butter for frying*

Scrape or peel the asparagus. Cook until tender but not mushy in boiling, salted water. When cooked, drain and chop. Sauté in cream and butter.

Prepare omelette: Using a fork, beat eggs, water and seasoning until combined. Melt butter in an omelette pan. When hot add about a quarter of the egg mixture. Make omelette in usual way. Before folding add some of the asparagus. Fold and turn on to a hot dish. Serve with more asparagus mixture poured over. *For 4 persons.*

### **Asparagus Soufflé**

*6 eggs  
1 pint chicken stock  
 $\frac{1}{2}$  pint thick cream*

*salt and pepper  
1 (large) can asparagus tips  
 $\frac{1}{2}$  pint cheese sauce*

Whisk the eggs, add the stock, salt, pepper and cream. Whisk all together. Mix in the drained asparagus. Pour into a greased soufflé dish. Cover tightly with foil and steam for 30 minutes. When set like a custard turn out and serve covered with hot cheese sauce (see page 127). *For 4 persons.*

**Chasse (Breakfast dish)**—*see page 44.*

### † Cold Egg Mousse

5 eggs	1 tablespoon Harvey's sauce
½ pint thick cream	1 tablespoon anchovy essence
1 tablespoon Worcester sauce	2 tablespoons aspic jelly

Hardboil the eggs. Pass the yolks through a sieve. Chop the whites and whip the cream fairly stiff. Combine these with the other ingredients and half the aspic. Pour into a soufflé case. Chill. Pour the remaining aspic on top and chill until set. *For 6 persons.*

**Dutch Omelette**—*see page 6*

**Eggs with Cheese Sauce**—*see page 127.*

### Eggs with Sweetcorn

1 soft boiled egg per person, shelled
1 can creamed sweetcorn
Creamy cheese sauce, made with Cheddar cheese

Heat creamed sweetcorn and form into the required number of small nests in a serving dish or in individual dishes. Put

the egg in the nest. Cover with hot cheese sauce at the last minute or serve separately if desired.

### Eggs Rossmore

*6 ounces rice*

*4 eggs, poached*

*½ pint Hollandaise or Béchamel sauce*

Cook the rice in stock with some finely chopped onion. Drain and dry off in a cool oven. When rice is completely dry, form into 4 'nests' in an ovenproof plate. Put a poached egg in each 'nest'. Cover with hollandaise or *Béchamel* sauce. Sprinkle with Parmesan cheese and put under the grill until a golden brown.  
*For 4 persons.*

### Green Pea Soufflé

*2 pounds fresh green peas*

*1 (medium can) consommé*

*1 pint thick cream, whipped*

*3 egg whites*

*seasoning to taste*

Cook the peas in consommé, rub through a hair sieve. Add the whipped cream and seasoning, lastly add the stiffly whisked egg whites, pour into soufflé case and freeze for three or four hours. *For 8 persons.*

**Mousse of Egg and Sardine**—*see page 92.*

## Scrambled Eggs in Aspic

$\frac{1}{2}$ ounce powdered gelatine	grated Parmesan cheese
2 ounces butter	$\frac{1}{2}$ pint thick cream, whipped
6-8 eggs	4 tablespoons cold water
salt and pepper	aspic jelly
$\frac{1}{4}$ pint milk	1 (medium) can asparagus tips or fresh green peas cooked

Melt the gelatine with 3 tablespoons cold water slowly and carefully in a bowl over hot water. When completely dissolved, cool. Melt butter and scramble the eggs adding seasoning and milk. Keep them soft and runny. Add a little grated cheese, the cream and cooled gelatine. Allow this mixture to cool. Pour some aspic jelly in the bottom of a shallow plain mould or cake tin. Allow to set then cover with the drained asparagus tips or peas. Pour over a little more aspic jelly and allow to set. Pour in the cold scrambled eggs, smooth and allow to set.

Turn out and serve with brown bread and butter. *For 4-6 persons.*



# Fish



## Fish

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**Cod and Oysters au Gratin**—see page 97.

† **Cold Crab Soufflé**—see page 141.

**Cold Cream of Lobster and Whiting**—see page 89.

**Cold Lobster Soufflé**—see page 56.

### Dublin Bay Prawns au Gratin

<i>Dublin Bay prawns (allow 2 per person)</i>	<i>3 tablespoons white wine</i>
<i>butter</i>	<i>3-4 tablespoons cream</i>
<i>milk</i>	<i>salt and pepper</i>
<i>1 shallot</i>	<i>Parmesan cheese</i>

Shell the Dublin bay prawns—divide the tail part from the head, taking care to keep flesh whole when removing from the shell. Take the flesh out of the claws. Pound the claw shells with about an ounce of butter. Put into a stew pan with sufficient milk to cover the pounded shells. Cover and heat slowly for 30 minutes.

Meanwhile put the prawns in an ovenproof dish, leaving

sufficient room in the centre of the dish to add the claw flesh. Chop the shallot finely and fry gently in butter until soft. Add the white wine and strained stock from the prawn shells. Stir in the cream and seasoning. Pour this over the prawns. Sprinkle with Parmesan cheese and bake in a fairly hot oven, 375°F or Gas Mark 5, for 15 minutes or until prawns are cooked.

**Filets de Soles à la crème, Pommes Pailles**—see page 122.

### Filet de Sole Julienne

<i>1½ pounds filleted lemon sole</i>	<i>1 small stick celery</i>
<i>1 small new carrot</i>	<i>butter</i>
<i>white of 1 leek</i>	<i>light coloured stock</i>
<i>small piece of turnip</i>	

Cut the carrot, leek, turnip and celery into fine julienne strips. Put these, with a good knob of butter, into a stewpan. Cover and cook for 30 minutes, stirring occasionally to prevent burning. Add sufficient light coloured stock to just cover. Cover and continue cooking for another 30 minutes. At the end of this time the liquid should almost all have evaporated.

Meanwhile poach the fillets. Sprinkle the julienne of vegetables over the poached fish and cook in a very hot oven for a few minutes to heat through.

Fillets of plaice or whiting may also be used for this dish.  
For 4-5 persons.

### Filet de Sole Maison

<i>1½ pounds filleted sole</i>	<i>2 egg yolks</i>
<i>½ pint white wine</i>	<i>1 tablespoon cream</i>
<i>bouquet garni</i>	<i>butter</i>
<i>1 clove garlic (optional)</i>	<i>breadcrumbs</i>
<i>salt and pepper</i>	

Butter an ovenproof dish and lay the fillets of sole in the dish. Pour over the white wine and enough cold water to just cover the fillets. Put the bouquet garni and garlic clove at the side of the dish. Sprinkle with salt and pepper.

Cover and poach in a moderate oven, 350°F or Gas Mark 4, for 15 minutes. Remove and discard herbs and garlic clove. Strain off the liquor, boil for a few minutes, then mix in a bowl with the egg yolks. Stand the bowl over a pan of hot water and add the cream. Heat gently and beat or whisk until it begins to thicken and add about 1 ounce butter.

Arrange the sole on a dish for serving and pour over the sauce. Sprinkle with breadcrumbs and dot with butter. Brown under a hot grill for about 5 minutes. *Serves 4 persons as a main course.*

### Flan de Soles Julienne

*Pastry:* 6 ounces flour  
pinch of salt  
4 ounces butter  
squeeze of lemon juice  
1 egg yolk  
1 dessertspoon cold water

*Filling:* 2 small new carrots  
1 stick celery  
white of 1 leek  
small piece of white turnip  
butter  
stock  
1 pound filleted sole

Sift flour and salt into a basin. Cut butter into small pieces. Rub into the dry ingredients with the fingertips until mixture resembles fine breadcrumbs. Beat the egg yolk, water and lemon juice. Make a well in centre of flour and pour egg yolk mixture in it. Draw the mixture together with a knife and knead quickly and lightly. Line a flan ring or tin with the pastry. Prick the bottom very lightly and bake 'blind' (see page 170).

Cut the vegetables into very fine julienne and cook in butter, then stock, as described in previous recipe.

Fold the fish fillets and poach in the oven as described on page 180.

Drain the fish fillets and arrange in the hot flan case. Cover with the julienne vegetables which should not be dry or too moist. Reduce the poaching liquor from the fish and any liquor from the vegetables to a syrupy consistency and pour over the flan. Bake in a hot oven for a few minutes and serve hot. *For 4 persons.*

**Fried Fillets à l'Orly**—see page 141.

### Haddock Duglere

$1\frac{1}{2}$ pounds filleted fresh haddock	Sauce: 1 ounce butter
lemon juice and water (for washing)	salt and pepper
$\frac{1}{2}$ pint white cooking wine	2 level tablespoons flour
5 tablespoons water	$\frac{1}{2}$ pint thin cream
1 small onion, sliced	3 tomatoes
1 bay leaf	$\frac{1}{2}$ ounce butter
1 or 2 peppercorns	1 teaspoon chopped parsley
1 clove garlic, crushed	fried bread croûtons

Remove the skin from the fillets and wash in lemon juice and water. Dry and put in a thickly buttered ovenproof dish. Pour over the wine and water and add the sliced onion, bay leaf, peppercorns and garlic. Cover with a piece of buttered paper and poach for 15 minutes in a moderate oven, 350°F or Gas Mark 4. Drain the fillets (reserving liquor) and arrange in a serving dish. Cover with buttered paper and keep warm. Use the liquor to make sauce. Melt the butter in a saucepan. Stir in the flour and some salt and pepper. Cook over the heat for a few minutes, remove from heat and add the strained liquor from the fish. Thicken, stirring constantly over heat.

Add the cream and bring to the boil. Skin, de-seed and chop the tomatoes. Stew in a saucepan with the  $\frac{1}{2}$  ounce butter. Add salt and pepper and cook for a few minutes over high heat to reduce. Stir tomatoes into the sauce together with the chopped parsley. Pour carefully over the fish and surround with croûtons of fried bread. *For 4 persons.*

### Halibut Portugaise

<i>4 halibut steaks (about 1½ pounds)</i>	<i>1 tablespoon flour</i>
<i>2 medium potatoes</i>	<i>8 ounces tomatoes, skinned and chopped</i>
<i>1 onion</i>	<i>½ pint white wine</i>
<i>1 ounce butter</i>	<i>salt, pepper and pinch sugar</i>
<i>2 ounces bacon, chopped</i>	

Wash and dry fish and put in a buttered ovenproof dish.

Cut the potatoes and onion in fine julienne strips. Add butter. Cover and stew gently for 20 minutes, put in a saucepan. Add bacon and cook a further 5 minutes. Stir in the flour, chopped tomatoes and wine. Season. Pour over the fish. Bake in a moderate oven, 350°F or Gas Mark 4, until fish is cooked—about 20 minutes. *For 4 persons.*

### Herrings l'Eclusière

<i>1 ounce butter</i>	<i>2 ounces mushrooms, finely chopped</i>
<i>1 onion, finely chopped</i>	
<i>½ tablespoon parsley, chopped</i>	<i>1 egg, hardboiled</i>
<i>1 shallot, chopped</i>	<i>1 large boned soft-roed herring</i>

Melt butter, add onion, parsley, shallot and mushrooms. Cover and stew slowly until soft. Mix in the hardboiled egg—stir well.

Oil a large sheet of greaseproof paper or aluminium foil. Spread the onion mixture on this and lay the herring on top. Wrap like a parcel in the paper or foil. Bake in a fairly hot oven, 375°F of Gas Mark 5, for about 20 minutes.

Serve very hot with a devilled sauce. *For 2 persons.*

**Herring roes (croûtes)**—see page 130.

### Lobster Flan Cardinal

8 ounces puff pastry	good pinch ground nutmeg
1 medium (2-2½ pound) lobster, cooked	2 egg yolks
1 ounce butter	½ pint cream
1 level tablespoon flour	squeeze of lemon juice
½ pint chicken stock	1 tablespoon sherry
salt and pepper	

Roll the puff pastry into a round about  $\frac{1}{4}$ -inch in thickness. Prick lightly. Cut a strip 1-inch wide from the outside edge of the pastry. Dampen the edge of the pastry. Arrange the strip, trimming to fit, on the round of pastry to form an edge. Transfer to a baking sheet which has been rinsed with cold water. Score a criss-cross design on top of the border. Brush with beaten egg and milk. Rest in a cool place for at least 15 minutes. Bake in a hot oven, 425°F or Gas Mark 7, for 15-20 minutes until well-risen and beginning to brown. Reduce heat (400°F or Gas Mark 6) and cook a further 10 minutes. Cool.

Melt the butter and stir in the flour. Cook for a few minutes and gradually add the chicken stock to make a sauce. Cook until thickened. Whisk the cream and egg yolks in a bowl and beat in some of the hot sauce. Add to remainder of the sauce and stir in a little lemon juice, salt, pepper and nutmeg.

Meanwhile split the lobster and remove flesh carefully from

shell. Cut in slices and heat in a knob of melted butter. Pour over the sherry and add to the sauce. Stir very carefully only until mixed or the lobster slices will break up. Pour mixture in hot flan case and bake for a few minutes in a moderate oven to heat through. *For 4 persons.*

**Lobster Newburg**—see page 11.

**Lobster and Whiting Cream**—see page 89.

**Oysters au Gratin (I)**—see page 69.

**Oysters au Gratin (II)**—see page 130.

**Oysters au Naturel**—see page 56.

**Potted Salmon**—see page 138.

**Potted Shrimps**—see page 143.

**Prawn Curry (Malay)**—see page 69.

**Sardines à la Sackville**—see page 106.

### **Scallops St Jacques**

8 scallops	2 level tablespoons flour
½ pint dry white wine	salt and pepper
4 tablespoons water	½ pint fish stock
1 bay leaf	5 tablespoons milk
a few peppercorns	2 tablespoons cream
1 small onion, chopped	3 ounces grated cheese
2 ounces butter	breadcrumbs
2 eggs, hardboiled	

Remove scallops from shells. Scrub shells and put on one side. Wash the scallops in lemon juice and water. Dry in a cloth. Put into a pan with the wine, water, bay leaf, peppercorns and

onion. Simmer *very gently* for about 10 minutes. Strain (reserving the liquor) and add a little melted butter and the finely chopped hardboiled eggs.

Melt 1 ounce butter in a saucepan. Add salt and pepper. Stir in the flour then the fish stock and milk. Bring to the boil, stirring all the time and cook for a few minutes. Remove from heat and add the cream, half the grated cheese and a knob of butter. Add scallops and hardboiled eggs. Fill the scallop shells or individual ovenproof dishes with this mixture. Sprinkle with breadcrumbs and grated cheese. Brown under a medium grill. *For 4 persons.*

### Shellfish Cocktail

<i>1 pound prepared prawns, lobster or crab meat</i>	<i>½ pint thick cream, whipped 2 tablespoons chili sauce 1 teaspoon Worcester sauce squeeze of lemon juice paprika pepper</i>
<i>1 small lettuce, washed</i>	
<i>1 lemon</i>	

*Sauce: ½ pint mayonnaise*

Shred the lettuce and use to line individual glass dishes or scrubbed scallop shells. Combine the sauce ingredients together and season with a squeeze of lemon juice. Mix the prepared shellfish with the sauce and spoon over the lettuce. Sprinkle with paprika pepper and garnish with lemon wedges and perhaps a prawn. *For 8 persons.*

### Shrimp and Egg Mayonnaise

<i>8 ounces shelled shrimps</i>
<i>2 eggs, hardboiled</i>
<i>lettuce leaves, washed</i>
<i>½ pint white sauce</i>
<i>2 tablespoons mayonnaise</i>

Roughly chop the hardboiled eggs and mix with the shrimps. Spoon this mixture on to the lettuce leaves divided between the four portions. Beat the white sauce with the mayonnaise. Spoon over the prawns and egg. Chill and serve as an hors d'oeuvre with slices of brown bread and butter.

### **Smoked Haddock Savoy**

<i>4 fillets smoked haddock</i>	<i>1 (15 ounce) can asparagus</i>
<i>salt and pepper</i>	<i>tips, drained</i>
<i>1 ounce butter</i>	<i>½ pint Béchamel sauce</i>
<i>milk</i>	<i>1-2 ounces cheese, grated</i>

Bone and skin the haddock. Put in a buttered ovenproof dish and dot with butter. Sprinkle with salt and pepper and add enough milk to cover the bottom of the dish. Cover with buttered paper and bake in a moderate oven, 350°F or Gas Mark 4, allowing 10 to 15 minutes.

Cover with asparagus tips then with the Béchamel sauce. Sprinkle with grated cheese. Bake until hot and slightly browned. *For 4 persons.*

### **Sole with Asparagus**

<i>1 small bundle of asparagus or</i>	<i>1 bay leaf</i>
<i>1 can of asparagus</i>	<i>pinch of salt</i>
<i>1½ pounds of sole</i>	<i>butter</i>
<i>1 large carrot, sliced</i>	<i>lemon juice</i>
<i>1 medium onion, chopped</i>	<i>2 egg yolks</i>

Cook the asparagus or drain canned asparagus. Fillet the sole. Make fish stock: put the bones and trimmings in a saucepan with the prepared vegetables, bay leaf and salt. Add sufficient water to just cover (about  $\frac{1}{4}$  pint). Simmer for 20-30 minutes.

Place the fish fillets in an ovenproof dish and dot with butter, sprinkle with lemon juice. Add strained fish stock, cover with

greased paper and bake in a moderate oven, 350°F or Gas Mark 4, until cooked (about 10-15 minutes). Drain fish reserving liquor. Put the egg yolks and 3 ounces of butter in a basin standing over a pan of hot water. Heat gently and whisk until mixture thickens. Gradually whisk in the fish liquor. Remove the fillets and place on a flat dish. Put the heated asparagus on the fish and pour over the sauce. Brown under the grill. *For 4 persons.*

### Sole Bonne Femme

<i>1½ pounds filleted sole</i>	<i>¼ pint dry white wine</i>
<i>2 shallots (or 2-3 slices of onion), finely chopped</i>	<i>¼ pint fish stock</i>
<i>4 ounces button mushrooms, sliced</i>	<i>salt and pepper</i>
	<i>6 ounces butter</i>

Fold the fish fillets in three. Put some of the mushrooms and shallots in the bottom of a large flat saucepan. Add the fish fillets, wine and stock. Sprinkle with the remaining mushrooms, onions and shallots. Sprinkle with salt and pepper. Poach gently until cooked. Remove the fillets to an ovenproof dish together with the mushrooms. Boil the sauce rapidly until reduced. Then add the butter, stirring with a wooden spoon to make a thick glazed sauce. Pour over the sole and serve.

Some creamy mashed potato may be piped around the dish and the whole glazed in a very hot oven or under a fierce grill. *For 4 persons.*

**Soles à la Crème, Pommes Pailles**—see page 122.

**Soles Dorchester**—see page 142.

**Soles Dorothéa**—see page 142.

**Soles au Gratin**—see page 93.

**Soles Marie**

<i>8 fillets of sole (about 1½ pounds)</i>	<i>1 teaspoon mustard</i>
	<i>3 tablespoons fresh cream</i>
<i>½ pint dry white wine</i>	<i>squeeze of lemon juice</i>
<i>seasoned flour, for coating</i>	<i>finely chopped parsley</i>
<i>butter</i>	

Dip the fillets in wine, drain and dip in well-seasoned flour. Fry the fillets in hot butter until golden brown. (It will probably be necessary to fry the fillets in 2 or 3 batches). When cooked remove to a hot platter and keep warm. Pour the wine into the frying pan, bring to the boil. Add the mustard blended with the cream. Heat together gently and pour over the fish. Sprinkle with lemon juice and chopped parsley. *For 4 persons.*

**Sole Tante Marie**

<i>1 large (1½-2 pound) Dover sole</i>	<i>bouquet garni</i>
<i>4 ounces mushrooms, chopped</i>	<i>1 shallot chopped (optional)</i>
<i>1 small can foie gras</i>	<i>1 ounce butter</i>
<i>butter</i>	<i>1 rounded tablespoon flour</i>
<i>good ¼ pint dry white wine</i>	<i>salt and pepper</i>
	<i>4 tablespoons cream</i>

Ask the fishmonger to clean the fish and remove the backbone. Mix the mushrooms, which must be very finely chopped, and foie gras and stuff the fish with this mixture. Place in a buttered baking dish. Sprinkle with salt and pepper and add the white wine, bouquet garni and shallot (if used). Cover the dish with buttered paper and bake in a moderate oven, 350°F or Gas Mark 4, for 20 minutes. Drain off the liquor into a measuring jug. Discard herbs. Add enough water to make a scant ½ pint liquid altogether.

Melt butter and mix in flour to make a *roux*. Add salt and

*FISH*

pepper and blend with fish and wine liquor. Bring to the boil and cook for a few minutes, stirring all the time. Add the cream. Pour this rather thin sauce over the fish. Bake until lightly browned in a hot oven, 400°F or Gas Mark 6. *For 4 persons.*

† **Souchet of Slips**—*see page 52.*

**Stuffed Salmon Rolls**—*see page 66.*



*Meat*



## Meat

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### Beef Hot Pot

*1½-2 pounds stewing steak  
5 tablespoons wine vinegar  
sprig parsley  
3 onions, sliced  
1 pound carrots, sliced  
salt and freshly ground black pepper*

*lard or dripping, for browning  
1 pound potatoes, peeled  
1 pint stock  
bouquet garni  
chopped parsley*

Cut the meat into chunky pieces. Marinate for a few hours (or overnight, if possible), in the wine vinegar, 1 sliced onion, 1 sliced carrot and the sprig of parsley. Dry meat and brown thoroughly in hot lard or dripping. Drain meat and place in casserole with remaining onions, carrots, seasoning and potatoes. Pour stock into pan in which meat was browned and scrape to incorporate the sediment. Bring to the boil and reduce slightly, then pour over the meat. Add the bouquet garni. Cover with a tight fitting lid and simmer for 2-3 hours. Remove bouquet garni and serve the casserole sprinkled with plenty of chopped parsley. *For 4-5 persons.*

**Biftecki à la Russe**—see page 12.

**Boeuf à la Mode**

<i>2½-3 pounds fillet of beef or rump steak</i>	<i>2 bay leaves</i>
<i>4 ounces fat bacon</i>	<i>1 sprig parsley</i>
<i>2 ounces butter</i>	<i>salt and pepper</i>
<i>4 medium onions, sliced</i>	<i>½ wineglass brandy</i>
<i>1 pound carrots, sliced</i>	<i>½ pint white wine</i>
<i>2 cloves garlic</i>	<i>½ pint stock</i>
<i>3 shallots, sliced</i>	<i>1 calf's foot, washed</i>

Lard the steak with fat bacon. Brown meat thoroughly in the hot butter—this should take about 15 minutes. Remove meat. Brown the onions, carrots, garlic and shallots in the hot fat, stirring occasionally. Replace meat in pan and add bay leaves, parsley, seasoning and calf's foot. Pour brandy over meat and set it alight. When the flame has died down add the wine and stock. Cover and cook slowly for about 3 hours or until meat is really tender. If wanted hot: serve meat on a heated platter and skim the sauce, after removing the calf's foot. Thin the sauce if too thick with extra stock. Arrange the vegetables and calf's foot around the meat and pour over the hot sauce.

It is however, more usual to serve this dish cold: to do this leave the meat to cool in the pan overnight. Next day slice the meat and arrange in a mould with some slices of carrot. Remove all traces of fat from the sauce and heat it slightly so that it melts. Strain and pour it over the meat and vegetables in the mould. Weight and leave in a cold place until set. Turn out and serve with salad. *For 6-8 persons.*

**Boiled Mutton**—see page 97.

**Bread-crumbed Lamb Chops**

<i>4 thick lamb chops</i>	<i>salt and pepper</i>
<i>1 lemon</i>	<i>a selection of cooked vegetables</i>

<i>1 tablespoon oil</i>	<i>clear gravy</i>
<i>2 ounces melted butter</i>	<i>capers</i>
<i>2 ounces fresh breadcrumbs</i>	<i>chopped gherkins</i>

Choose thick loin of lamb chops. Marinate the chops in lemon juice, oil, salt and pepper for at least 1 hour. Drain chops and dry thoroughly. Brush with melted butter and coat with breadcrumbs. Grill for 10-15 minutes, turning frequently and brushing with melted butter. Serve with a selection of cooked vegetables and gravy to which a few chopped gherkins and capers have been added. *For 4 persons.*

### Calves' Brains and Black Butter—see page 111.

### Cottage Pie (Palace Hotel)

<i>1½ pounds minced raw beef</i>	<i>beef stock</i>
<i>1 onion, chopped</i>	<i>salt and freshly ground black pepper</i>
<i>1 ounce butter</i>	<i>2 pounds potatoes, mashed</i>
<i>3 carrots, grated</i>	<i>2 tablespoons hot milk</i>
<i>1 tablespoon tomato paste</i>	<i>little butter</i>
<i>1 tablespoon chopped herbs or 1 teaspoon mixed dry herbs</i>	<i>salt and pepper</i>

Fry the onion in hot butter. Add the minced beef and fry until brown. Break the meat up by stirring with a wooden spoon. Mix in the carrots, tomato paste, herbs and seasoning. Add enough stock to moisten, adding more during the cooking if mixture gets too dry. Simmer for 30-40 minutes until meat is cooked. Pour into a greased pie dish.

Beat the mashed potatoes with milk, butter, salt and pepper. Pipe or pile on meat. Brush with melted butter or beaten egg. Bake in a hot oven, 400°F or Gas Mark 6, until potatoes are crisp and golden brown. *For 5 persons.*

**Crown Roast of Lamb**

*2 sections best end neck of lamb*

**STUFFING:**

*5 ounces breadcrumbs*

*1 shallot, finely chopped*

*1 lemon, grated rind and juice*

*½ teaspoon parsley, chopped*

*1 ounce walnuts, chopped*

*1 egg*

*salt and pepper*

*12 small par-boiled onions of*

*even size*

*gravy to serve*

Prepare the crown roast: remove the chine bone and divide into chops by slicing between the bones to about half way down. Saw the rib bones to an even length, keeping them as long as possible. Trim the bones and scrape clean. Turn the meat with the bones towards you and tie together to form a circle. Protect each bone by twisting greaseproof paper around. A reliable butcher will prepare the roast up to this stage for you.

To make the stuffing: mix all the ingredients together and bind with beaten egg. Put the crown roast in a baking tin and pack with stuffing. Roast the joint in a fairly hot oven, 375°F or Gas Mark 5, allowing 30 minutes per pound. When the meat is ready, remove the paper and put a par-boiled onion on the end of each bone. Return to oven to brown.

Serve with thick, brown gravy and red currant jelly.

A stuffed joint of this kind requires thorough cooking. If preferred, a cutlet frill can be put on the end of each bone in place of the onion before serving. *For 6-8 persons.*

**Cutlets en Robes de Chambre**—*see page 52.*

**Fritto Misto**—*see page 33.*

**Gigot de Six Heures (Mutton)**—*see page 2.*

**Grilled Mutton Cutlets with Prunes and Mushrooms**

*mutton cutlets as required*

*salt and pepper*

*oil for grilling*

*1 prune for each cutlet*

*1 mushroom for each cutlet*

Cook the prunes without sugar and keep hot. Trim cutlets. Season with salt and pepper and brush with oil. Grill under high heat for 7 to 10 minutes. Brush the mushrooms with oil and place in the grill pan below the cutlets—grill for about 5 minutes. Place the grilled cutlets on a hot dish with a mushroom on top of each, then a stoned prune. Serve with Soubise sauce or gravy and potato straws.

**Kidneys à la Turbigo**—see page 18.

† **Lamb Miramar (Cold)**—see page 7.

### Moussaka

3 tablespoons cooking oil	5 tablespoons stock or boiling water
2 ounces butter	
1 large onion, chopped	3 aubergines
1½ pounds lean lamb, minced or diced	Sauce: 1 ounce butter
1 pound tomatoes, peeled	1 rounded tablespoon flour
1 clove garlic, crushed	½ pint milk
salt and ground black pepper	3 ounces grated cheese

Heat half the oil and butter in a large frying pan. Fry the finely chopped onion until lightly browned. Add the meat and cook for 10 minutes until brown. Add the chopped tomatoes, crushed garlic, salt and pepper. Cook for 5 minutes and add the stock. Cover and simmer while you prepare the aubergines and sauce.

Slice the aubergines and fry in remaining butter and oil until golden. Meanwhile make the sauce: melt butter and stir in the flour. Cook for a minute or two and add the milk and seasoning. Bring to the boil and cook thoroughly. Add cheese. Put layers of meat mixture and fried aubergines in a shallow ovenproof dish. Pour the cheese sauce over. Bake in a fairly hot oven, 375°F or Gas Mark 5, for 30 minutes until brown and bubbling.

## Oxtail with Prunes

8 ounces prunes	salt and pepper to taste
2 ounces butter	bouquet garni
3 pounds oxtails, cut in pieces	3 cloves
8 ounces onions, sliced	$\frac{1}{2}$ teaspoon ground nutmeg
4 ounces bacon, lean and smoked	1 tablespoon flour
$\frac{1}{2}$ pint stock or water and a stock cube	$\frac{1}{2}$ pint light ale

Soak the prunes overnight in strong tea. Melt half the butter in a heavy casserole. Fry the oxtails and stir with a wooden spoon until golden. Remove meat with a draining spoon. Fry the sliced onions in the casserole together with the diced bacon. Cook until golden, stirring frequently. Put meat back and add stock, salt, pepper, bouquet garni, cloves and nutmeg. Cover and simmer for 30 minutes. Add beer. Cover and simmer gently for 3 hours. Fifteen minutes before cooking time is completed add the prunes.

A few minutes before serving add the remaining butter, made into a paste by blending with the flour. Add the butter and flour mixture in teaspoonfuls and stir well. Bring to the boil and cook briskly for about 5 minutes. This is even better reheated for the next day. *For 6 persons.*

## Ris de Veau à la Crème

4 sweetbreads (about 1 pound)	$1\frac{1}{2}$ -2 tablespoons brandy
lemon juice	$\frac{1}{4}$ pint fresh cream
bouquet garni	salt and pepper
2 ounces butter	1 teaspoon flour

Soak the sweetbreads for at least 1 hour in cold water. Drain and put in a pan. Blanch by covering with cold water and a little lemon juice. Bring slowly to the boil and add the bouquet

garni. Reduce heat and simmer for 15 minutes. Drain and dip in cold water, taking care not to remove the skin. When drained, press with a weight for several hours. Cut in scallop shapes and fry carefully and slowly in butter. When cooked, arrange in a dish and keep warm. Rinse the frying pan with brandy and add the cream, a few drops of lemon juice and the flour. Season to taste. Mix all together and heat gently. Pour the sauce over the sweetbreads and serve hot.

Serve with a dish of spinach or other green vegetable. *For 4 persons.*

**Saddle of Mutton with Mousse of Turnips**—*see page 122.*

**Scotch Collops**—*see page 75.*

### Selle d'Agneau Hongroise

<i>1 (7 pound) saddle of lamb</i>	<i>salt</i>
<i>salt and pepper</i>	<i><math>\frac{1}{2}</math> teaspoon paprika</i>
<i>8 ounces rice</i>	<i>2 or 3 canned pimentoes</i>
<i>2 tablespoons oil</i>	<i>gravy</i>
<i>2 onions, chopped</i>	<i>Parmesan cheese</i>
<i>1 pint stock</i>	

Have the butcher prepare, tie and skewer the saddle into place. Sprinkle with salt and pepper. Roast in a fairly hot oven, 375°F or Gas Mark 5, allowing 30 minutes per pound. Baste from time to time. Meanwhile make a risotto: wash the rice and fry in hot oil with the onions. Sauté gently for a few minutes then stir in the hot stock and seasoning. Bring to the boil, lower heat then cover and simmer for 20-30 minutes until rice is tender and all liquid absorbed. Add the pimentoes cut in strips.

When meat is cooked pile the risotto on a large platter and lay the sliced meat on top. Cover very lightly with gravy to

to which butter has been added. Sprinkle very lightly with Parmesan. Return to oven or place under grill to glaze meat.  
For 8-10 persons.

### Spinach and Meat Soufflé

<i>1 pound cooked beef</i>	<i>4 ounces Parmesan and gruyère cheese, mixed</i>
<i>4 ounces cooked ham</i>	<i>salt and pepper</i>
<i>1 <math>\frac{1}{2}</math> pounds spinach, cooked</i>	<i>6 eggs, separated</i>
<i>2 ounces butter</i>	<i>pinch ground nutmeg</i>
<i>2 ounces flour</i>	<i>butter</i>
<i><math>\frac{1}{2}</math> pint milk</i>	<i>2 tablespoons breadcrumbs</i>

Mince the cooked beef and ham. Boil the spinach and drain. Prepare a white sauce with the butter, flour, milk and seasoning. Stir in the meat, ham and chopped spinach. Add the six egg yolks, nutmeg and grated cheese—beat well. Whisk the egg whites to a stiff, white snow. Fold carefully into the meat mixture. Butter a deep soufflé or ovenproof dish. Dust the breadcrumbs. Pour soufflé mixture into dish and bake in a hot oven, 425°F or Gas Mark 7, for 40-50 minutes.

Serve with thin Béchamel sauce. For 4-6 persons.

### Sussex Roly-Poly

<i>8 ounces Suet pastry</i>
<i>8-12 ounces bacon or cooked meat or poultry</i>
<i>1 large onion, chopped</i>
<i>2-3 tablespoons savoury sauce (gravy, tomato etc.)</i>
<i>salt and pepper</i>
<i>pinch mixed dried herbs</i>

Make or buy suet pastry. Remove the rind from the bacon and chop, or chop meat if used. Roll the pastry into a rectangle.

Mix the bacon or meat, onion, sauce, seasoning and herbs together. Spread over the pastry. Roll up the pastry and press ends to seal. Wrap in aluminium foil and seal. Put into a pan of boiling water. Bring to boiling point and boil for 2 hours, replenishing water as necessary. Remove foil and serve roll on a hot dish with gravy. *For 4 persons.*

### Tongues Home-Cured—see page 42.

#### † Tongue aux Raisins

<i>1 ox tongue</i>	<i>1 tablespoon vinegar</i>
<i>2 bay leaves</i>	<i>½ teaspoon sugar</i>
<i>6 peppercorns</i>	<i>½ teaspoon ground ginger</i>
<i>3 ounces butter</i>	<i>½ teaspoon mixed spice</i>
<i>1 tablespoon flour</i>	<i>rind of ½ orange</i>
<i>½-¾ pint veal stock</i>	<i>rind of ½ lemon</i>
<i>5 tomatoes, peeled</i>	<i>8 ounces of sultanas and and currants, mixed</i>

Choose a pickled tongue, if possible and allow 4 ounces per person. Wash and soak overnight in cold water. Put tongue in a large pan and cover with cold water. Bring to the boil and cook for 5 minutes. Drain and add fresh cold water to cover. Add the bay leaves and peppercorns. Bring to the boil, then simmer for about 3 hours or until almost cooked. Remove any scum as it rises and add more boiling water when necessary. Plunge tongue in cold water and then skin. Remove any bones, gristle and excess fat.

Melt the butter in a braising pan and blend in the flour. Cook together for a few minutes. Stir in the veal stock, chopped tomatoes, vinegar, sugar, ginger and mixed spice. Cut the rind very thinly from the orange and lemon, discarding any white pith. Cut the peel into very fine julienne and add to

the sauce mixture. Add the washed sultanas and currants. Place the tongue in the braising pan and complete the cooking. Turn the tongue frequently to prevent sticking. When cooked (test by running a sharp skewer into the tip)—it should be soft and tender. Serve hot with the sauce.

### **Veal Escalopes in Cream**

<i>4 escalopes of veal</i>	<i>½ pint cream</i>
<i>6 rashers of thinly cut streaky bacon</i>	<i>2-3 ounces butter</i>
<i>2 Spanish onions, chopped finely</i>	<i>paprika pepper</i>
	<i>salt and pepper</i>

Fry the chopped onion in some of the butter until golden brown. Chop the bacon and fry lightly. Put the two together into a casserole. Trim the veal and sprinkle lightly with paprika and salt. Fry both sides quickly in hot butter. Place the veal in the casserole together with the remaining butter. Cook in a fairly hot oven,  $375^{\circ}$  or Gas Mark 5, for about 30 minutes. When cooked, strain off the gravy and mix with the cream. Adjust seasoning pour, over the meat and cook very slowly for 30 minutes. It is important that the oven is turned down very low for this, otherwise the cream will curdle. *For 4 persons.*

### **Veal à la Françoise**

<i>8 veal escalopes, very thinly sliced</i>
<i>1 ounce butter</i>
<i>½ pint cream</i>
<i>salt and pepper</i>

Trim the escalopes and beat until they are very thin. Heat butter in a frying pan and fry the veal for 2 minutes on each side. Remove veal when cooked into a dish ready for serving.

Discard the fat remaining in pan, pour in the cream, adding salt and pepper to taste. Boil until reduced to a third, then add a small piece of butter. Stir well and pour over the veal. *For 8 persons.*

## Veal Gelatine

<i>1½ pounds lean veal</i>	<i>1 egg, beaten</i>
<i>1 thick slice of bread</i>	<i>butter for cooking</i>
<i>milk</i>	<i>4 ounces mushrooms (optional)</i>
<i>salt, pepper and paprika to taste</i>	<i>cream sauce (optional)</i>

Pass the veal through a mincer twice. Soak the bread in milk and pass through the mincer after the veal. Add salt, pepper, paprika and egg. Mix all together in a dough and work with the hands on a floured board until quite smooth. Form into a long sausage shape. Put into a roasting tin with some pats of butter. Cover with foil and bake in a fairly hot oven  $375^{\circ}\text{F}$  or Gas Mark 5, for about 1 hour.

The mushrooms may be chopped and fried and added to the meat mixture. A cream sauce may be made from the scrapings of the tin in which the meat was baked. Add a knob of butter,  $\frac{1}{2}$  pint cream and the liquid from the mushrooms. *For 4-5 persons.*

*Poultry and  
game*



## *Poultry and game*

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Bécassines Flambées (snipe on fire)—see page 53.

### **Boiled Chicken with Celery Sauce**

<i>1 (3½-4 pound) boiling chicken</i>	<i>1 sprig parsley</i>
<i>2-3 carrots, sliced</i>	<i>salt and pepper</i>
<i>1 small piece turnip, sliced</i>	<b>SAUCE :</b>
<i>white of 1 leek, halved</i>	<i>1 good white head of celery</i>
<i>1 onion, halved</i>	<i>milk</i>
<i>3 cloves</i>	<i>½ ounce flour</i>
<i>1 sprig thyme</i>	<i>1 ounce butter, softened</i>
<i>1 clove garlic (optional)</i>	<i>salt and pepper</i>
<i>1 bay leaf</i>	<i>3-4 tablespoons cream or top-of-milk</i>

Put the chicken in a large heavy saucepan. Cover with cold water and bring to the boil. Skim. Add the carrots, turnip and leek. Stick the cloves in the onion halves and add these together with the thyme, garlic, bay leaf and parsley. Season and simmer half-covered for 2-3 hours. Drain and joint the bird. Put in a serving dish. Cover and keep hot until ready to serve.

Wash the head of celery and trim away the green part. Dice

the white part. Put into a saucepan and cover with milk. Cook uncovered until celery is cooked adding more milk as it reduces. When celery is soft, strain off the milk. Add enough chicken stock to make 1 pint liquid. Heat in a saucepan. Mix the flour with the butter to a paste. Drop small raisin-sized lumps into the hot (not boiling) liquid and stir until dissolved but do not reboil the liquid. Add the celery, salt, pepper and cream. Pour celery sauce over chicken and serve.  
*For 4-5 persons.*

### Boiled Chicken with Mousseline Sauce

<i>1 chicken, boiled</i>	<i>3 egg whites, whisked</i>
<i>3 egg yolks</i>	<i>salt and pepper</i>
<i>5 tablespoons thick cream</i>	<i>3 tablespoons liquor from chicken</i>

Boil the chicken according to recipe for Boiled chicken with Celery Sauce (page 203). Cover the chicken, add a few spoonfuls of the liquor and keep hot whilst the sauce is being made.

Put the egg yolks and thick cream in the top of a double boiler or into a basin set over a pan of hot water. Add salt and pepper and the chicken liquor. Heat gently, whisking all the time until mixture thickens like egg custard. Then add the whisked egg whites and continue whisking, for a few seconds. Pour over the chicken and serve at once. *For 4-5 persons.*

### Chaudfroid of Chicken

<i>1 (5-6 pound) roasting chicken</i>	<i>1 clove garlic</i>
<i>2 pints dry cider</i>	<i>1 bay leaf</i>
<i>juice of 2 lemons</i>	<i>1 sprig thyme</i>
<i>4 whole carrots</i>	<i>a few peppercorns</i>
<i>white of 1 leek</i>	<i>salt</i>
<i>1 stick celery</i>	<i>1 can pâté de foie gras</i>
<i>1 onion studded with 4 cloves</i>	

## POULTRY AND GAME

### CHAUDFROID SAUCE

1 pint white sauce  
½ ounce powdered gelatine  
2 tablespoons cream

### DECORATION :

½ ounce powdered gelatine  
1 pint chicken stock  
tomato strips, peeled  
asparagus tips

Place the chicken in a large saucepan with the cider, lemon juice, carrots, leek, celery, onion, garlic, bay leaf, thyme, peppercorns and a little salt. Add enough cold water to just cover the bird. Bring to the boil and maintain at boiling point for 5-10 minutes. Remove scum, reduce heat and simmer slowly for 1½-2 hours.

Carve thick slices from each side of the chicken breast (thus taking most of the white meat). Trim these into heart shapes about 3 inches long and 2 inches wide. Spread each with a layer of pâté de foie gras. Put on a wire rack.

Chaudfroid sauce: dissolve the powdered gelatine in 2 tablespoons water and add to the sauce. Warm gently until the gelatine has completely melted. Add the cream and season to taste. Allow the sauce to cool. Before it has set, pour it over the slices of chicken. The sauce will set firmly and the surplus drains away through the wire rack.

Decoration: mix the powdered gelatine with 2 tablespoons water. Add 1 pint stock (from the chicken) and heat gently until the gelatine has completely dissolved. Cool until it begins to thicken and set. Decorate the surface of the chicken neatly with asparagus tips and strips of tomato. Dip a pastry brush in the aspic and glaze the chicken pieces—this also helps to keep the decoration in place. Allow the remaining aspic to set, then chop it and use as a garnish.

Note: it may be necessary in hot weather and without the use of a refrigerator to increase the amount of gelatine in both the sauce and aspic recipes to ¼ ounce. For 6-8 persons.

**Chaudfroid de Volaille**—see page 57.

**Chicken with Curry Cream**

<i>1 chicken, boiled</i>	<i>3-4 tablespoons white wine (optional)</i>
<i>1 ounce flour</i>	<i>salt</i>
<i>1 dessertspoon curry powder</i>	<i>squeeze of lemon juice</i>
<i>½ pint chicken liquor</i>	
<i>½ pint thin cream</i>	

Boil the chicken as directed in previous recipe.

For the sauce: blend the flour and curry powder with a little of the  $\frac{1}{2}$  pint of liquor in which the chicken was cooked. Add another  $\frac{1}{2}$  pint liquor and heat to boiling point stirring all the time. Add the wine (if used), salt to taste and lemon juice—boil for a few minutes. Add  $\frac{1}{2}$  pint cream (more if you have it) or use some evaporated milk. Heat together. Cut up the chicken and put into an ovenproof dish. Pour over the sauce and serve hot. *For 4-5 persons.*

**† Chicken à la crème**

<i>1 (2½-3½ pound) roasting chicken</i>	<i>a port wine glass of dry wine</i>
<i>flour for coating</i>	<i>(or dry sherry)</i>
<i>butter for frying</i>	<i>1 dozen button onions, sliced</i>
<i>salt and pepper</i>	<i>1 dozen button mushroom caps</i>
<i>bouquet garni of parsley, mint and bay leaf</i>	<i>½ pint thick cream</i>
<i>1 rasher of streaky bacon, finely sliced</i>	<i>2 egg yolks</i>

Joint the chicken and if preferred, remove the skin. Coat joints lightly with flour. Fry in butter for about 5 minutes, turning them so that they brown lightly all over. Season with salt and pepper and add the bouquet of herbs. Sprinkle with the sliced bacon and pour the wine or sherry over. Cover and cook slowly for 20 minutes. Meanwhile fry the sliced onions in the butter slowly until they are soft. Add the mushrooms

and fry lightly until cooked. Remove bouquet of herbs from chicken and add onions and mushrooms. Stir in most of the cream and simmer for 10 minutes. Blend remaining cream with egg yolks and add to chicken when removed from heat and cooled slightly. *For 4-5 persons.*

### Chicken Curry Madras

<i>1 (2½-3½ pound) chicken, jointed</i>	<i>1 ounce butter</i>
<i>half a fresh coconut</i>	<i>3 tablespoons curry powder</i>
<i>8 ounces sweet almonds</i>	<i>a few bay leaves</i>
<i>1 large Spanish onion, finely sliced.</i>	<i>juice of 2 lemons</i>

Soak the chicken in cold water. Grate the coconut and pour 1 pint of boiling water over it. Blanch the almonds and pound to a paste. Melt the butter in a casserole and fry the onion golden brown. Place the chicken on the onion. Strain the coconut and mix the liquid with the almond paste and curry powder. Add to the casserole. Add the bay leaves and lemon juice. Cover and cook for about 1 hour.

Serve with boiled rice. *For 4-5 persons.*

### Chicken Grillé à la St. Jean—see page 133.

### Chicken Hot-Pot

<i>4 large chicken joints or 1 chicken, jointed</i>	<i>4 ounces mushrooms, sliced</i>
<i>seasoned flour, for coating</i>	<i>1 stick celery, sliced</i>
<i>oil or butter, for frying</i>	<i>1 (15 ounce) can tomatoes</i>
<i>2 medium onions, sliced</i>	<i>scant ¼ pint chicken stock</i> <i>salt and black pepper</i>

<i>1 clove garlic, crushed (optional)</i>	<i>1 teaspoon sugar</i>
<i>2 small carrots, diced</i>	<i>chopped parsley to garnish</i>

Trim chicken joints and if preferred, skin. Coat lightly with seasoned flour. Heat butter or oil and fry chicken joints for about 5 minutes or until golden brown. Remove chicken joints with a draining spoon and keep on one side. Add extra oil or butter to the frying pan. Fry the onion, garlic (if used), carrots, mushrooms and celery for about 5 minutes, stirring all the time. Add the tomatoes and chicken stock. Season well with salt, pepper and the sugar. Bring this sauce to the boil. Pour a little into an ovenproof casserole and add chicken joints. Pour remaining sauce over chicken. Cover and cook in a warm oven, 325°F or Gas Mark 3, for 1½-2 hours or until chicken is tender. *For 4 persons.*

### Chicken à la King

<i>2 ounces butter</i>	<i>12 ounces cooked chicken, diced</i>
<i>4 ounces mushrooms, sliced</i>	<i>½ pint thin cream</i>
<i>1 ounce flour</i>	<i>salt, pepper and ground nutmeg</i>
<i>½ pint chicken stock</i>	<i>2 tablespoons sherry</i>
<i>2 canned pimentoes, chopped</i>	

Melt the butter and cook mushrooms gently until soft. Stir in the flour and cook for a few minutes. Remove from heat and gradually stir in the stock in which the chicken was cooked (reduced if necessary, to ¼ pint) or use stock made with a stock cube. Bring sauce to the boil and cook for a few minutes, stirring constantly. Add the drained and chopped pimentoes and the chicken. Add the cream and season to taste with salt, pepper and a pinch of nutmeg. Heat until boiling, then, just before serving, add the sherry.

Serve very hot preferably in a chafing dish, with hot toast handed first. Alternatively serve with boiled rice.

*For 3-4 persons.*

**Chicken Liver Rice**—see page 19.

**Chicken Maryland**—see page 107.

### Chicken in Milk—Italian Nuns Recipe

<i>1 (2½-3½ pound) roasting chicken</i>	<i>sprig thyme</i>
<i>1 onion, peeled</i>	<i>sprig parsley</i>
<i>3 small cloves</i>	<i>½ pint milk</i>
<i>1 blade or pinch mace</i>	<i>pinch salt</i>
<i>3 white peppercorns</i>	<i>2 ounces butter</i>

Place the chicken in the stewpan. Stick the cloves in the onion and put into the stewpan with the mace, peppercorns, thyme, parsley, salt and milk. Simmer very gently for 20 minutes. Take out the chicken and drain well. Put a knob of butter inside the chicken and season the flesh with salt and pepper. Transfer to a roasting tin and dot the flesh with remaining butter. Cover with a large piece of well buttered greaseproof paper. Roast in a fairly hot oven, 375°F or Gas Mark 5, for about 1 hour. Baste frequently with the butter. *For 4-5 persons.*

### Chicken Pie

<i>12 ounces cooked chicken (preferably from a boiled chicken)</i>	<i>salt and pepper</i>
<i>4 ounces mushrooms, sliced</i>	<i>pinch ground nutmeg</i>
<i>½ pint thick creamy white sauce</i>	<i>8 ounces shortcrust or puff pastry</i>
	<i>1 egg beaten</i>

Cut the chicken into small pieces—you can, of course, use more chicken if you have it. Fry the mushrooms for a few minutes in butter. Make a white sauce using the stock in which the chicken was cooked. Mix the chicken and mushrooms

into the sauce. Season with salt, pepper and ground nutmeg. Pour into a shallow ovenproof piedish. Cool. Cover with pastry in the usual way. Brush with beaten egg. Make a hole in the top for the steam to escape. If using Shortcrust pastry bake in a hot oven, 400°F or Gas Mark 6, for 30 minutes or until pastry is golden. Puff pastry should be baked in a hot oven, 425°F or Gas Mark 7, for 20 minutes then the temperature reduced to moderate, 350°F or Gas Mark 4, for a further 15 minutes. *For 4 persons.*

### **Chicken Pilaf— see page 74.**

### **Chicken Princess**

<i>1 (2-3) pound roasting chicken</i>	<i>2 tablespoons tomato purée (or preferably fresh tomatoes rubbed through a sieve)</i>
<i>3 ounces butter</i>	<i>2-4 tablespoons Parmesan cheese, grated</i>
<i>salt</i>	<i>½ pint cream or evaporated milk</i>
<i>4 ounces spaghetti, broken</i>	<i>salt and pepper</i>
<i>¼ pint White sauce</i>	
<i>3 tablespoons milk</i>	

Rinse the chicken and pat dry with a clean cloth. Season with salt and put most of the butter inside the bird. Smear the rest of the butter over the bird. Place in a roasting tin and cover the breast with aluminium foil. Roast in a fairly hot oven, 375°F or Gas Mark 5, for the required time (20 minutes per pound plus 20 minutes).

Meanwhile cook the spaghetti in boiling salted water for 12-15 minutes until just tender. Make the white sauce (1½ ounces butter, 1½ ounces flour, seasoning and ¼ pint milk). Add the tomato purée and spaghetti. Pour into an ovenproof dish and arrange the chicken slices on top. Combine the grated cheese, cream, milk and salt and pepper. Pour over the chicken and return to the oven to reheat and brown. *For 4-5 persons.*

**Chicken Stew**

<i>1 large boiling chicken</i>	<i>plenty of freshly ground black pepper</i>
<i>3 pints water</i>	
<i>1 teaspoon salt</i>	<i>1 sprig of parsley</i>
<i>4 ounces salt pork, finely diced</i>	<i>1 head of celery</i>
<i>2 carrots, diced</i>	<i>3-4 potatoes</i>
<i>6 small white onions, halved</i>	<i>4 tomatoes</i>
<i>4 ounces butter beans, soaked</i>	<i>1 teaspoon sugar</i>
<i>pinch cayenne pepper</i>	<i>1 large packet frozen sweetcorn</i>
<i>½ pint thick cream</i>	

Prepare chicken: remove skin and joint chicken. Put the water and salt into a large, tightly covered saucepan. Heat to boiling. Add the diced pork and chicken, the carrots, onion and butter beans. Season with cayenne, black pepper and parsley. Cover tightly, bring slowly to the boil, skim well and continue to cook slowly for 2 hours, stirring frequently.

Meanwhile wash, dice and parboil the celery in a very little salted water. Cut the potatoes into 1-inch dice. Plunge the tomatoes in boiling water for a minute or two and peel them. Remove the pips and chop the flesh roughly. When the chicken has cooked for 2 hours add the potatoes, tomatoes and sugar. Cover tightly and simmer for another hour. Fifteen minutes before serving add the thawed sweetcorn and parboiled celery. When ready to serve add the cream. Heat to boiling point and serve in a large soup tureen.

This dish is eaten from soup plates and accompanied by slices of hot crisp toast or crisp French bread. *For 6-8 persons.*

**Chicken Risotto**—see page 37.

**Chicken Sauté à la crème**—see page 93.

**Chicken Soufflé with Curried Livers**—see page 134.

**Cold Cream of Chicken—see page 89.****Coq au Vin**

<i>1 (3 pound) roasting chicken</i>	<i>1 bottle red Burgundy</i>
<i>2 ounces butter</i>	<i>2 cloves garlic</i>
<i>12 ounces fat bacon, diced</i>	<i>sprig of thyme</i>
<i>10-12 small white onions</i>	<i>1 bay leaf</i>
<i>8 ounces button mushrooms</i>	<i>3 ounces butter</i>
<i>2 tablespoons brandy</i>	<i>1 ounce arrowroot</i>
<i>salt and pepper</i>	<i>fried croûtons of bread</i>
<i>pinch of sugar</i>	

Joint the chicken. Melt the butter in a large thick casserole and brown the diced bacon. Add the onions and button mushrooms and brown these too. Remove vegetables and bacon from the casserole with a draining spoon. Now fry the chicken until it is golden on all sides. Pour over the brandy and set alight. Put the vegetables and bacon back and cover with the wine. Add salt, pepper, sugar, crushed garlic cloves, thyme and bay leaf. Cover with a piece of aluminium foil and then the lid—make sure that it is really tight. Cook very slowly for 1½-2 hours or until the flesh leaves the bones.

Take out the chicken and arrange on a heated dish.

Mix the butter with the arrowroot. Add gradually in tiny pieces to the sauce, beating briskly between each addition. Allow to thicken. Pour the sauce over the chicken and serve with croûtons.

Alternatively put the chicken back in the casserole after the sauce has been thickened and serve in this. *For 4-6 persons.*

**Curried Chicken**

<i>4 chicken joints</i>	<i>1 cooking apple, chopped</i>
<i>2 tablespoons desiccated coconut</i>	<i>2 large tomatoes, peeled</i>
<i>4 tablespoons milk</i>	<i>salt</i>
<i>2 large onions, chopped</i>	<i>2 tablespoons vinegar</i>
<i>2 tablespoons oil</i>	<i>1 small onion</i>
<i>2 ounces lean ham, chopped</i>	<i>8 ounces rice, boiled</i>
<i>1 tablespoon curry powder</i>	<i>chutney, to serve</i>

Soak the desiccated coconut for 30 minutes in the milk. Fry the onions in hot oil. When golden brown add the chopped ham, curry powder, apple and de-seeded tomatoes. Cook for 5-6 minutes, stirring frequently. Season with salt. Add the chicken joints and strained coconut liquid. Cover and cook slowly for 1 hour. It may be necessary to add 1 or 2 tablespoons of stock if the mixture is too thick.

Meanwhile chop the small onion and fry in a little oil. When brown, add the vinegar. When reduced, add a little of the cooked rice and mix well together. Serve this mixture as an accompaniment to the curry in addition to the boiled rice and chutney. *For 4 persons.*

**Duck in Aspic**

<i>1 (4 pound) duck</i>	<i>salt and peppercorns</i>
<i>2 calf's feet, cleaned</i>	<i>3 pints water</i>
<i>8 ounces beef bones</i>	<i>1 tablespoon wine or tarragon</i>
<i>1 onion, sliced</i>	<i>vinegar</i>
<i>1 leek, sliced</i>	<i>2 tablespoons sherry</i>
<i>1 carrot, sliced</i>	<i>4 ounces raw lean beef, minced</i>
<i>1 stick celery, chopped</i>	<i>1 egg white</i>
<i>a bouquet garni</i>	

Put the calf's feet, beef bones, vegetables, bouquet garni, salt, peppercorns and water into a large saucepan. Bring to the

boil; skim. Simmer gently until the meat leaves the bones—about 4 hours. Skim from time to time. Put the duck in the stock and bring to the boil. Reduce heat immediately and simmer gently until cooked. Remove from heat and allow to cool in the stock. When cold take out the duck and strain the stock, skim off the fat. Add vinegar, sherry and adjust seasoning.

Clarify the stock: beat egg white lightly and mix with the raw beef. Add to the stock; heat very slowly to boiling point, stirring constantly. Allow the stock to boil up a few times. Reduce heat and simmer very slowly for 25 minutes—on no account stir the liquid at this stage. Pour carefully through a flannel cloth or several thicknesses of muslin. Cool. Pour a little aspic into the bottom of a soufflé dish. Cut the breast of the duck in very thin slices about 2 inches square. Arrange over the aspic in the soufflé dish. Add another layer of aspic and then more slices of duck. Repeat until dish is nearly full.

Serve chilled with cold, boiled rice and orange or banana salad. *For 5-6 persons.*

### Duck in Cream and Orange Sauce

*2 small ducklings*

*2 cans frozen concentrated orange juice*

*½ pint thick cream*

*½ pint thin cream*

*salt and pepper*

Put the duckling and undiluted orange juice in a deep flame-proof casserole with a lid, add salt and pepper. Heat to boiling point then put in a very cool oven, 200-250°F or Gas Mark  $\frac{1}{4}-\frac{1}{2}$ , for 8 hours. After this time the juice is reduced to a quarter or less. Just before serving, whip up the single and double cream together, add to the casserole and heat gently.

**Duck pâté**

<i>1 duck (or chicken)</i>	<i>salt and freshly ground black pepper</i>
<i>1 shallot</i>	<i>squeeze of lemon juice</i>
<i>pinch of thyme</i>	<i>a few very thin rashers of streaky bacon</i>
<i>8 ounces lean pork</i>	
<i>8 ounces lean veal</i>	
<i>4 ounces fat pork</i>	<i>2 bay leaves</i>
<i>a few truffles, chopped</i>	<i>little aspic jelly (optional)</i>

Bone the duck and put aside the white meat. Mince the rest with the shallot, thyme, lean pork, lean veal and fat pork. Add most of the truffles. Season well with salt, pepper and lemon juice.

Stretch the rashers of bacon by ‘spreading’ with a knife—they must be wafer thin. Use these overlapping, to line a pâté dish or oblong earthenware casserole. Then add a layer of the minced meat and a layer of the white meat of the duck. Continue until the dish is full. Pack down well and put 2 bay leaves on the pâté. Cover with aluminium foil and place in a tin of water. Bake in a moderate oven, 350°F or Gas Mark 4, for 1½ hours.

Remove foil and weight the pâté down as it cools. Turn out when completely cold and decorate with remaining sliced truffle and a little aspic jelly, if liked. *For 10-12 persons.*

**Game Pâté** *see page 62.*

**Game Pâté**—*see page 138.*

**Home-Made Foie Gras**—*see page 102.*

**Paprika Stew**—*see page 134.*

**Partridges, Braised with Cabbage**—*see page 28.*

**Pheasant soufflé**

*1 (2 pound) pheasant  
fat pork or fat bacon  
2 ounces butter  
salt and pepper  
squeeze of lemon juice  
 $\frac{1}{2}$  ounce powdered gelatine  
2 tablespoons water*

*1 pint thick cream  
salt and pepper  
1 small jar foie gras, cut in  
pieces  
1 bottle truffles, cut in rounds  
chestnut purée*

Prepare and clean pheasant. Mix the butter, salt, pepper and lemon juice and put inside the bird. Bard the breast with fat pork or bacon. Roast for 45 minutes to 1 hour in a moderate oven, 350°F or Gas Mark 4, basting frequently. Cool.

Remove the best parts of the flesh, season well and cut into squares. Chop up the rest of the bird add 1½ pints, water and simmer for 2 hours. Strain and reduce to 1 pint.

Mix the gelatine in the water and add the warm stock. Heat gently until gelatine dissolves. Cool. Whisk the cream until stiff. Very gently fold the pheasant meat, the foie gras, and truffles into the cream. Add the cold aspic, mix all carefully together.

Place a thick layer of chestnut purée in the bottom of a soufflé dish. Spoon the pheasant mixture lightly on top as it begins to set. Serve cold. *For 4-6 persons.*

**Poulet au Citron**

*1 (3 pound) roasting chicken  
butter for frying  
5 tablespoons sherry (light)  
1 bay leaf  
a few peppercorns  
1½ ounces butter  
1 onion, finely chopped  
½ small clove garlic, crushed  
the finely-grated rind of 1 lemon*

*the finely shredded, blanched  
rind of 1 lemon  
the juice of ½ lemon  
salt and black pepper  
2 level tablespoons flour  
½ pint stock  
generous  $\frac{1}{4}$  pint milk  
little grated cheese*

Brown the whole chicken carefully all over in hot butter. Flavour with the sherry. Add bay leaf and peppercorns. Cover closely and simmer gently over low heat for 1-1½ hours, or until tender, basting occasionally.

Meanwhile melt the 1½ ounces butter in a saucepan. Add the onion, garlic, grated lemon rind and juice. Cook slowly for a few minutes. Season with salt and black pepper and stir in the flour. Gradually add the stock, stirring all the time. Bring slowly to the boil, then boil quickly to reduce it. Add the cream slowly then the liquor from the chicken and the finely-shredded blanched lemon rind.

Carve the chicken and arrange on a serving dish. When the sauce is reduced to the consistency of cream, carefully pour it over the chicken. Sprinkle with a little grated cheese and a little melted butter. Brown under the grill. Garnish with a slice of lemon. *For 4-5 persons.*

### Roman Pie

<i>Half a boiled rabbit</i>	<i>4 ounces onions, chopped and cooked</i>
<i>4 ounces steak bacon, cooked</i>	
<i>½ ounce macaroni, cooked</i>	<i>salt, pepper and nutmeg to taste</i>
<i>½ ounce cheese, grated</i>	
<i>1 small egg, beaten</i>	
<i>1 tablespoon milk</i>	

Chop the rabbit and bacon, add the finely-chopped macaroni, grated cheese, bacon, rabbit and onion. Add salt, pepper and nutmeg. Mix all together and put through mincing machine. Moisten with milk and egg. Fill the mixture in to a greased loaf tin and bake in a moderate oven, 350°F or Gas Mark 5, for 1-1½ hours. Alternatively put the rabbit and bacon layers with remaining ingredients mixed together. Cover with a cream sauce and cheese, bake in a fairly hot oven, 375°F or Gas Mark 5, for 30 minutes.

Savoury Puddings—see page 98.

**Suprême of Chicken Alexandra**

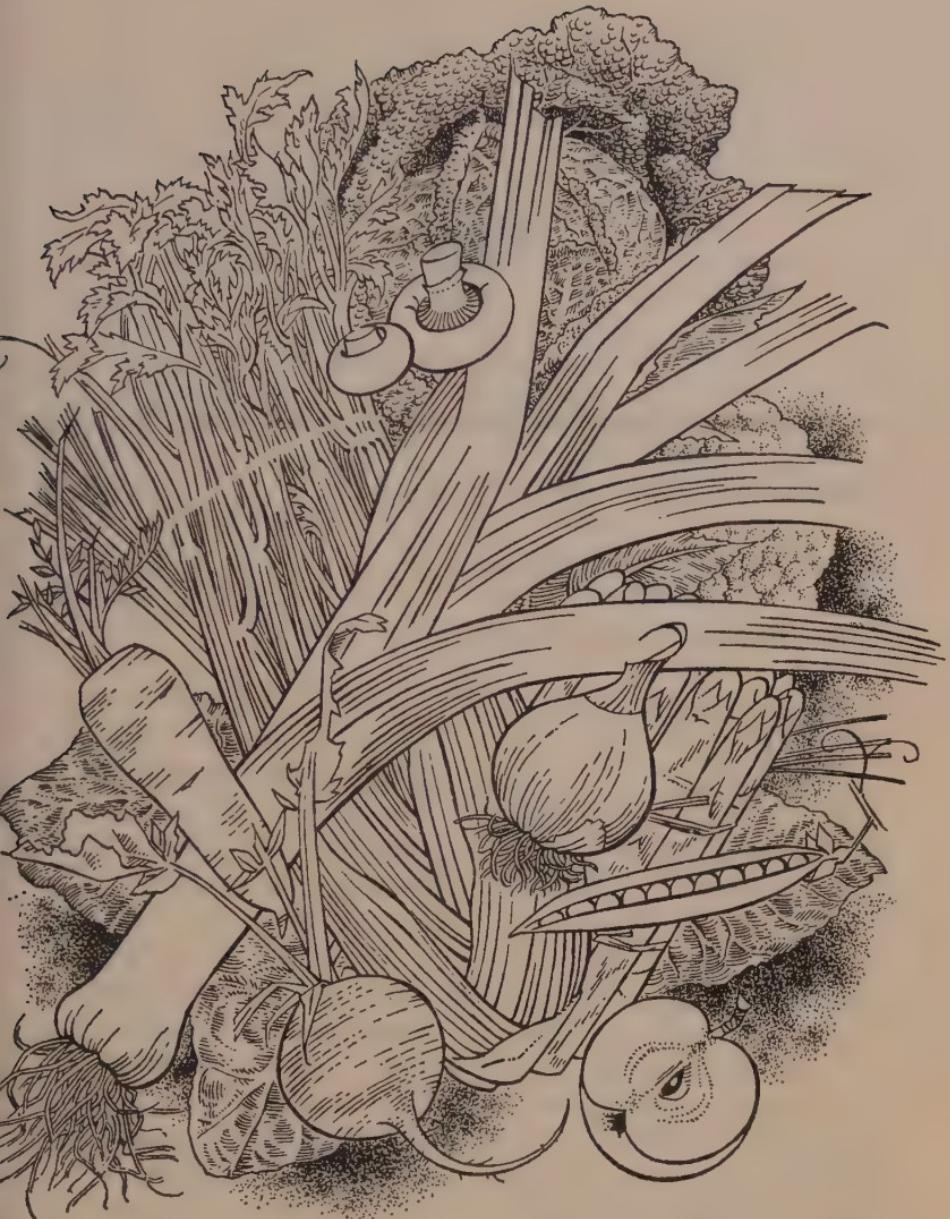
<i>1</i> <i>plump chicken (cooked)</i>	<i>1 egg, beaten</i>
<i>salt and pepper</i>	<i>fresh white breadcrumbs for</i>
<i>1-2 truffles, sliced (optional)</i>	<i>coating</i>
<i>2 tablespoons truffled foie gras</i>	<i>butter for frying</i>

Remove the breasts from the chicken which may have been cooked by roasting or poaching. Cut each side of the breast into two fillets or more according to the size of the chicken. Remove all the remaining flesh (do not use the leg flesh if it is very sinewy). Chop the flesh and then pound. Pass through a fine wire sieve or purée in the liquidiser. Season well. Mix with the truffles (if used) and truffled foie gras. Spread a little mixture on each fillet of chicken. Dip carefully in beaten egg then coat with breadcrumbs. Press the crumbs with a round-bladed knife. Fry very quickly in hot butter until golden brown.

Serve with a creamy white sauce made with stock from the chicken bones. Garnish with fried mushrooms. *For 4 persons.*

Tartines Tricolour—see page 94.

Turkey Réchauffé—see page 79.



# *Vegetables and Salads*



## *Vegetables and salads*

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**Boston Baked Beans**—see page 63.

**Celery Tops, Fried**—see page 77.

† **Creamed Cabbage**—see page 75.

### **Leeks au Gratin**

4 large thick leeks	cooking liquor and milk (see recipe)
milk	
salt and pepper	3 ounces grated cheese
2 ounces butter	pinch mustard
2 level tablespoons flour	brownéd breadcrumbs

Wash and clean the leeks very carefully in running water. Remove the green part about 2 inches above the white. Blanch in boiling water for 5 minutes. Drain and put into a saucepan. Add enough milk to just cover, salt and pepper and a knob of the butter. Cover and cook for 20 minutes. Drain on a sieve—keeping the liquor. Melt the remaining butter and stir in the flour. Cook this *roux* for a few minutes. Remove from heat. Measure the cooking liquor from the leeks and make up to  $\frac{1}{2}$  pint with extra milk. Blend with the *roux* and boil for a few minutes, stirring constantly—add salt and pepper if necessary,

mustard and most of the grated cheese. Put the leeks in a buttered ovenproof dish and cover with the white sauce. Sprinkle with remaining grated cheese and browned breadcrumbs. Bake in a fairly hot oven, 375°F or Gas Mark 5, for 20 minutes or until golden brown. Serve very hot. *For 4 persons.*

## Mushroom Flan

### FLAN PASTRY :

6 ounces flour	butter for frying
4 ounces butter	1 tablespoon flour
1 egg yolk	salt and pepper
1 tablespoon cold water	good $\frac{1}{2}$ pint stock
FILLING :	2 tablespoons cream
12 ounces mushrooms	Parmesan cheese, grated
1 small onion, chopped	

Make the flan pastry: rub the butter lightly into the flour until mixture resembles fine breadcrumbs. Beat the egg yolk and water and stir into the flour until the mixture clings together. Collect the dough together with one hand and knead very quickly and lightly until smooth. Allow to rest in a cool place for 30 minutes. Roll out and line a large shallow flan ring. Bake 'blind'.

Wash or peel the mushrooms. Put six large caps on one side and chop remainder finely. Fry in hot butter with the onion. Sprinkle the flour over and stir in the stock. Cook, uncovered over low heat for 20 minutes. Slice the 6 mushrooms caps very finely. Season with salt and pepper and sauté in butter.

Put the mushroom and onion into the baked flan case. Arrange the sliced mushrooms on top. Pour the cream over and sprinkle with cheese. Cook under the grill for a few minutes and serve at once. *For 4 persons.*

## Pan Potatoes

*2 pounds waxy potatoes  
2-3 ounces butter  
salt and freshly-ground black pepper*

Peel the potatoes and slice very thinly. Mix the butter with salt and pepper. Pile the potatoes in an ovenproof dish, dot each layer with butter. Continue in this way until all potatoes have been used. Cover with greaseproof paper and a lid. Bake in a fairly hot oven, 375°F or Gas Mark 5.

Baste from time to time with the butter as it melts in the dish. Remove the lid and paper after half an hour and bake until golden brown. The potatoes will take about 1½ hours to cook. *For 4-5 persons.*

## Peach Salad

<i>1 crisp lettuce</i>	<i>½ pint thick cream</i>
<i>a few canned or bottled peaches</i>	<i>salt</i>
<i>small piece of preserved or</i>	<i>1 tablespoon vinegar</i>
<i>crystallised ginger</i>	<i>paprika</i>
<i>a few walnuts, finely chopped</i>	

Wash and dry the lettuce. Tear the leaves into pieces and arrange in a salad bowl. Drain the peaches and chop roughly. Chop the ginger and add the walnuts and peaches.

Season the cream and whip until stiff; add the vinegar very gradually. Mix this dressing with the peach mixture and pile in the centre of the bowl. Sprinkle paprika on top. Chill before serving.

If preserved ginger is used add a little of the syrup to the dressing. *For 4 persons.*

**Red Cabbage**

<i>1 medium-sized red cabbage</i>	<i>1 cooking apple, chopped</i>
<i>cooking salt</i>	<i>2 tablespoons brown sugar</i>
<i>½ pint wine vinegar</i>	<i>3 or 4 tablespoons white wine or</i>
<i>2-3 ounces butter</i>	<i>cider</i>
<i>1 medium onion, thinly</i>	<i>salt and pepper</i>
<i>sliced</i>	<i>1 teaspoon flour</i>

Remove stalk and core from cabbage. Shred finely and put into a bowl with a large handful of cooking salt. Rub salt into the cabbage by hand, until water runs out of it. Then wash thoroughly in running water and drain well. Boil the vinegar and pour over the cabbage. This will enable it to retain its natural red colour when cooked. Heat the butter and fry the onion until golden brown. Add the apple and cabbage. Stir together and simmer over low heat with the lid on for 10-15 minutes, stirring frequently. Blend the sugar, wine and flour together. Stir into the cabbage mixture and season to taste. Cook for a few minutes, stirring all the time. *For 4-6 persons.*

**Salad à l'Americaine**—see page III.

**Spinach Soufflé and Green Sauce**

<i>2 pounds spinach</i>	<i>6 egg whites</i>
<i>2 ounces butter</i>	<i>salt and pepper</i>
<i>2 ounces flour</i>	<i>½ pint Creamy white sauce</i>
<i>½ pint milk</i>	<i>2-3 tablespoons cream</i>
<i>4 egg yolks</i>	

Wash the spinach and lift it dripping wet into a saucepan. Cover and cook for about 10 minutes. Drain.

Melt the butter and add the flour to make a *roux*. Remove from heat and gradually add the milk. Bring to the boil and cook for a few minutes, stirring constantly. Remove from heat and cool for a minute or two. Beat in the egg yolks, and

season to taste. Add the spinach, keeping about 2 tablespoons back for the sauce.

Whisk the egg whites until very stiff and fold carefully into the spinach mixture. Pour into a buttered soufflé dish. Stand soufflé dish on a plate in the bottom of a saucepan. Pour in enough boiling water to come a quarter way up the sides of the pan. Cover and allow water to simmer gently for 40 minutes. The soufflé should be firm in the centre when pressed lightly with the fingertips.

Meanwhile add the sieved reserved spinach to the sauce. Season to taste, add cream and heat gently. Serve the soufflé at once with the sauce. *For 6 persons.*

### Super Baked Potatoes

*4 large potatoes*

*½ pint thick fresh cream or 4 ounces cream cheese*

*chives or spring onion tops*

*salt*

Scrub potatoes. Dry and mark a zig-zag with a sharp knife right across the top. Bake in a hot oven, 400°F or Gas Mark 6, allowing about 1-1½ hours or until soft when pinched.

Scoop the inside out. Beat with thick fresh cream or cream cheese. Add some chopped chives or spring onion tops. Season with salt and fill back into the potatoes. Reheat in a very hot oven, 450°F or Gas Mark 8, for a few minutes. Serve very hot.

Sour cream may also be used for the filling. *For 4 persons.*

### Timbale of Cold Asparagus

*1 large bundle of asparagus*

*½ pint Velouté sauce*

*aspic jelly*

*½ pint thick cream*

*½ ounce powdered gelatine*

*salt*

Cut off the woody end of the asparagus stalks. Scrape the white part lightly and wash. Tie in a bundle with all the heads together. Cut the stalks all the same length. Put upright in a saucepan with boiling, salted water. Cook until tender—about 20 minutes. Allow to cool.

Coat the bottom and sides of the timbale mould or straight-sided round cake tin, with aspic. Let this set and cut some of the asparagus in short lengths (the depth of the mould). Place all round the sides of the mould with stalks close to one another and heads pointing downwards. Brush with aspic to keep them in place. Arrange asparagus stalks like a star in the bottom of the mould. Rub remainder of asparagus through a fine sieve.

Heat the sauce and add the gelatine. Warm until melted but do not boil. Strain into a basin and cool. Add the asparagus purée, slightly whipped cream and season to taste. Fill into the mould. When set pour a layer of aspic over. Put on ice until ready to serve. *For 4 persons.*

## Vegetables au Gratin

a selection of vegetables:—

*peas*

*carrots or turnips*

*beans*

*Cheese sauce*

*sprigs of cauliflower*

*salt and freshly ground black*

*button onions or sliced Spanish*

*pepper*

*onions*

Dice the vegetables and cook separately. Save some of the cooking liquor to make the Cheese sauce. Put the vegetables in a buttered ovenproof dish. Season to taste. Cover with Cheese sauce and brown in a hot oven or under the grill.

**Watercress au Jus**—*see page 112.*

## *Hot puddings*



## *Hot puddings*

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**American Apples**—see page 23.

**Apples, Baked**—see page 23.

**Apples Brésil**—see page 23.

### **Apple Fritters**

6-8 cooking apples  
caster sugar, to serve  
Batter: 8 ounces flour

$\frac{1}{2}$  pint lager beer  
1 tablespoon olive oil  
 $\frac{1}{2}$  tablespoon caster sugar

Put the flour into a large basin, mix with the lager beer and olive oil. Beat or whisk together—the batter should be rather thin. Add caster sugar.

Peel and core apples and cut in rings about  $\frac{1}{4}$ -inch thick. Dip in batter and fry golden brown in hot deep fat. Drain on kitchen paper and sprinkle with caster sugar. Serve at once.  
*For 6-8 persons.*

### **Apricot Soufflé**

1 pound dried apricots  
4 ounces caster sugar  
1 teaspoon lemon rind, grated  
1 teaspoon lemon juice

egg whites  
1 level tablespoon arrowroot or  
cornflour  
little sugar

Soak the apricots overnight in water. Next day using the water used for soaking, stew slowly until tender. Drain off the juice into a basin and keep for the sauce. Rub the apricots through a hair or nylon sieve. Add the sugar, lemon rind and juice. Return to the saucepan and cook rapidly, stirring constantly until mixture thickens and leaves sides and bottom of saucepan —(like stiff jam). Care must be taken at this stage as mixture tends to burn. Cool slightly. Butter a soufflé dish or charlotte mould and sprinkle with caster sugar. Measure the purée and allow 1 egg white per large tablespoonful. Whisk the egg whites very stiffly and gently whisk in the apricot purée. Pile mixture into prepared dish and place in a large saucepan containing boiling water to come one-third up the sides of the dish. Cover and steam gently for 45 minutes, never allowing the water to boil. Serve immediately with the sauce.

Meanwhile make a sauce: blend the arrowroot or cornflour with a little water. Add  $\frac{1}{2}$  pint apricot juice and a squeeze of lemon juice. Sweeten to taste. Bring to the boil and cook for a few minutes. *For 4 persons.*

**Baked Roly-Poly**—see page 24.

**Bananas Hot**—see page 25.

† **Berbage Pudding**—see page 147.

**Bombe Néro**—see page 44.

**Bread and Butter Pudding**—see page 76.

† **Cambridge Crème Brûlée**—see page 20.

**Caramel Apple Soufflé**

<i>2 ounces raisins</i>	<i>4 ounces caster sugar</i>
<i>2 tablespoons sherry</i>	<i>2 ounces butter</i>
<i>1 pound cooking apples, peeled</i>	<i>2 egg whites</i>
<i>2 ounces brown sugar</i>	<i>few chopped almonds</i>
<i>a knob of butter</i>	<i>icing sugar</i>

Soak the raisins in the sherry. Slice the apples and add the brown sugar, knob of butter and a tablespoon of water. Cook slowly in a covered pan stirring from time to time. The apples should be pulpy and dry. Rub through a sieve. Mix with the soaked raisins and sherry. Put in a shallow baking dish.

Cook the caster sugar with 3 tablespoons water in a thick strong saucepan and stir constantly over low heat. When the sugar has dissolved, stop stirring, and boil steadily until sugar is golden brown. Remove from heat and add a few drops of boiling water—take care, the caramel will splutter. The water prevents the caramel from becoming too hard. Add the butter and leave to cool slightly.

Whisk the egg whites to a stiff froth and fold lightly into the caramel. Pour over the apple purée. Bake in a moderate oven, 350°F or Gas Mark 4, for about 20 minutes or until firm to the touch. Sprinkle with chopped almonds, and a little icing sugar. *For 4 persons.*

**Caramel Rice**

<i>3 ounces short-grain rice</i>	<i>3 eggs, separated</i>
<i>2 pints milk</i>	<b>CARAMEL:</b>
<i>knob of butter</i>	<i>4 ounces caster sugar</i>
<i>vanilla pod or essence</i>	<i>½ pint water</i>
<i>2 ounces sugar</i>	

Wash rice. Heat milk with the vanilla pod or essence. When

boiling stir in the rice and butter. Cook, stirring frequently until mixture thickens and rice is tender. Add sugar.

Make the caramel: put 4 ounces caster sugar and the water in a thick saucepan. Stir over low heat until sugar dissolves. Continue to heat but do not stir, until sugar caramelises (turns golden brown). Add this caramel to the rice mixture and heat until it dissolves. Remove from heat and cool slightly. Beat in egg yolks. Whisk the egg whites and fold into rice mixture. Bake in a fairly hot oven, 375°F or Gas Mark 5, for 20-30 minutes. *For 6-8 persons.*

### Celestine Pancakes

$\frac{1}{2}$ ounce butter	2 eggs
2 ounces flour	apricot jam
vanilla	sugar
$\frac{1}{2}$ pint milk, boiling	

Put butter into a stewpan, stir in the flour and a little vanilla essence and add the boiling milk. Stir in the yolks of the eggs, whisk the whites stiffly and combine lightly with the mixture. Bake in a hot oven, 400°F or Gas Mark 6, for 10 minutes on four buttered small baking tins or saucers. Spread with a little apricot jam and roll as for ordinary pancakes. Serve hot with sifted sugar.

### † Citrus Soufflé

4 egg whites	SAUCE:
4 tablespoons sugar	2 egg yolks
2 tablespoons marmalade	2 ounces caster sugar
grated orange rind	$\frac{1}{2}$ pint thick cream
butter	rum, brandy or vanilla for flavouring

Whisk the egg whites to a stiff white snow. Carefully fold in the

sugar, orange rind and marmalade. Butter the top and lid of a double boiler or use a charlotte mould or straight-sided deep round cake tin in a steamer over a saucepan of boiling water. Pour mixture into a prepared boiler or mould. Cover closely with foil or buttered greaseproof paper. Steam for 1 hour.

Make the sauce : beat the sugar and egg yolks together until light and creamy. Whisk the cream and combine with egg yolk mixture. Flavour to taste. Keep this sauce in the refrigerator until required.

Allow the pudding to stand for a minute or two before turning out.

A 3-pint double boiler will take the 4 egg white quantity and *serve 4 persons.*

### Coffee soufflé

1 ounce butter

1 ounce flour

generous  $\frac{1}{4}$  pint strong coffee  
made with milk

2 ounces caster sugar

4 eggs, separated

1 teaspoon vanilla essence  
whipped cream to serve

Prepare a 3-pint soufflé dish or tin: brush with olive oil or clarified butter. Brush a double folded band of greaseproof paper with oil or butter. Tie round the top of the dish, greased side inwards to extend about 4 inches above the rim.

Melt butter in a saucepan. Stir in the flour and then the coffee. Heat, stirring constantly until mixture boils and thickens. Take care, at this stage mixture will be very thick. Remove from heat and stir in sugar, egg yolks and essence—beat well. Fold in the stiffly whisked egg whites. Turn into the prepared dish.

Cover the dish with buttered paper. Steam slowly for 30-40 minutes in a steamer.

Serve with a bowl of whipped cream, sweetened and flavoured with coffee essence. *For 4 persons.*

## Hot Pears with Syrup

*6 cooking pears*

*5 tablespoons demerara sugar*

*6 tablespoons boiling water*

*1 tablespoon rum*

Leave the pears whole, wash but do not peel. Dissolve the sugar in boiling water and add rum. Place pears in a baking dish. Cover and bake in a warm oven,  $325^{\circ}\text{F}$  or Gas Mark 3, for  $1\frac{1}{2}$  hours or until pears are tender. Serve hot with syrup poured over pears. *For 5-6 persons.*

**Kaiserschmarren (Tyrol Pancakes)**—see page 24.

**Macédoine of Dried Fruits**—see page 80.

## Meringue Apples

*4 large cooking apples*

*sugar to taste*

*grated rind of  $\frac{1}{2}$  lemon*

*2 eggs, separated*

*4 tablespoons caster sugar*

Bake the apples in a moderate oven,  $350^{\circ}\text{F}$  or Gas Mark 4, until fairly tender but not soft or completely cooked. Carefully scoop out the soft inside keeping the skin shell as whole as possible. Rub pulp through a hair or nylon sieve. Put in a saucepan and add sugar to taste. Add the grated lemon rind and egg yolks. Mix all together and heat gently until mixture thickens. Fill back into the apple shells or, failing this, a buttered soufflé dish.

Whisk the egg whites to a firm snow and whisk in half the sugar. Fold in remaining sugar and top each apple shell with

#### HOT PUDDINGS

this meringue, or pile on the apple mixture in a soufflé dish. Bake in a hot oven 400°F or Gas Mark 5, for 10-15 minutes until meringue is crisp and golden. *For 4 persons.*

### Mousseline Pudding

2½ ounces sugar	x lemon, juice and grated rind
2½ ounces butter	2 ounces almonds, finely chopped
5 eggs, separated	butter and lightly toasted

Beat the sugar and butter until light and fluffy. Add the egg yolks and lemon rind and juice. Pour into a double boiler or large bowl over a pan of hot water. Stir over low heat until mixture thickens—do not allow the water in the lower container to boil. Remove from heat and add the stiffly whisked egg whites. Thickly butter a mould and sprinkle with almonds. Steam for 15 minutes. Serve with a sauce—see Berbage Pudding. *For 4 persons.*

### Oatmeal Sunday Pudding—*see page 109.*

### Orange Meringue Pudding

¾ pint milk	grated rind of 1 orange
1 ounce butter	1 can mandarin oranges
3 ounces fresh breadcrumbs	2 ounces caster sugar
2 eggs, separated	

Heat the milk and butter and pour over the breadcrumbs—leave to soak until cool. Whisk the egg yolks, 1 ounce sugar and grated orange rind until light. Mix with breadcrumbs and drained orange segments, and add to rest of ingredients. Pour into a greased ovenproof dish. Whisk egg whites until stiff and whisk in half the remaining sugar. Fold in remaining

sugar and pile meringue on top of pudding. Bake in a moderate oven, 350°F or Gas Mark 4, for 15-20 minutes until meringue is lightly browned. *For 4 persons.*

### Pancakes with Orange Butter

#### BATTER:

*4 ounces plain flour  
pinch salt  
1 egg  
½ pint milk and water  
½ ounce butter, melted*

*1 teaspoon caster sugar*

*lard for frying*

#### FILLING:

*4 ounces fresh butter  
2 ounces caster sugar  
3 oranges*

Prepare batter: sift flour and salt into a bowl. Make a well in the centre and break in the egg. Add half the liquid and beat until mixture is smooth. Add remaining liquid and beat or whisk. Add the melted butter, teaspoon of sugar and grated rind of 1 orange. Use the batter to make 8 thin pancakes. Roll and sugar lightly.

Filling: beat butter and sugar to cream. Add the grated rind of 2 oranges and serve in a bowl rather like brandy butter. Serve the strained juice of the 3 oranges separately. *For 4-5 persons.*

† **Plum Pudding Enchantress**—see page 80.

**Rice and Marmalade Pudding**—see page 3.

### Sir Hans Sloane Pudding (1690)

<i>4 large cooking apples</i>	<i>2 ounces butter</i>
<i>strip of lemon or bitter orange</i>	<i>4 eggs, separated</i>
<i>peel</i>	<i>8 ounces puff or flaky pastry</i>
<i>good pinch cinnamon</i>	<i>8 ounces sugar</i>

## HOT PUDDINGS

Line a square or round tin with the pastry. Stew the apples with lemon or orange peel and cinnamon. When soft add the sugar and butter. Put through a sieve and beat in the egg yolks. Fold in the stiffly whisked whites. Fill into the lined pastry case. Bake in a hot oven, 400°F or Gas Mark 6, for 40 minutes or until pastry is well-risen and crisp. For 4-6 persons.

**Thatched House Pudding**—see page 128.

### Treacle Tart (Walpole House)

8 ounces Shortcrust pastry	1 $\frac{1}{2}$ tablespoons caster sugar
1 pound golden syrup or treacle	$\frac{1}{4}$ pint thick cream
1 $\frac{1}{2}$ ounces fresh butter	4 egg yolks

Prepare Shortcrust pastry (page 180). Use to line the bottom and sides of a deep sandwich tin.

Warm the syrup or treacle, butter and sugar together. Beat the egg yolks and add the cream. Combine with the syrup or treacle mixture. Three-quarters fill the prepared tin. Bake in a hot oven, 400°F or Gas Mark 6, for 45 minutes or until firm.

If possible, leave the filling mixture for 12 hours before filling case and cooking. This recipe is about 100 years old. For 6 persons.

**Waffles or Gauffrettes**—see page 71.

### Warden Pie—Old-English Pear Pie

8 ounces shortcrust pastry	1 lemon
5 large pears	1 blade mace
5 tablespoons sugar	2 tablespoons sugar

Prepare Shortcrust pastry as indicated on page 180, adding 2 tablespoons caster sugar. Line a shallow pie dish with half the pastry. Peel and quarter the pears and remove the cores. Put the pears in a layer in the pie dish. Sprinkle with half the sugar and the grated rind and juice of 1 lemon. Add the remaining pears, sugar and lemon juice. Boil the peelings and cores in enough water to just cover. Add blade of mace. Strain and add the 2 tablespoons of sugar. Boil rapidly until syrupy. Pour this over the pears. Cover with a pastry crust. Dust with sugar or brush with beaten egg and milk. Bake in a fairly hot oven, 375°F or Gas Mark 5, until crust is cooked and golden.  
*For 4-6 persons.*

**Zabaione**—*see page 33.*

# *Cold sweets*





## *Cold sweets*

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### **Apple Snow**

*1 pound apples  
3 ounces caster sugar  
1 lemon, juice and rind  
2 egg whites*

Peel and slice the apples. Put them into a saucepan with the sugar, lemon juice and finely-grated rind. Simmer, stirring frequently over low heat until soft. The mixture should be fairly thick and dry. Rub through a fine sieve. Whisk the egg whites to a firm white snow. Fold egg whites into the apple purée. Pile in glasses and serve very cold. *For 4 persons.*

**Apricot Purée (with Puffed Rice)**—see page 135.

### **Apricot Snow**

<i>8 ounces dried apricots</i>	<i>4 egg whites</i>
<i>water</i>	<i>icing sugar</i>
<i>2 tablespoons sugar</i>	<i>fresh cream to serve</i>
<i>vanilla essence</i>	

Wash apricots and put in a baking dish with enough water to cover. Soak for several hours. Set the dish in a moderate oven, 350°F or Gas Mark 4. Cook until soft, (about  $\frac{1}{2}$ -1 hour). Drain the fruit and push through a hair or nylon sieve, or purée in the liquidiser. Add the sugar and a few drops of vanilla essence. When cold fold in the stiffly beaten egg whites. Sprinkle with sieved icing sugar. Serve chilled with some fresh cream. *For 4 persons.*

† **Blackcurrant Leaf Russian Ice**—see page 4.

**Bombe Caramel**—see page 108.

### Bombe Florentine

8 ounces sugar	about $\frac{3}{4}$ pint thick cream
1 ounce butter	few drops vanilla essence
1 teaspoon vinegar	2 ounces plain chocolate, grated
5 tablespoons water	caster sugar to taste
3 ounces almonds, shredded	

Put the sugar, butter, vinegar and water into a heavy saucepan. Heat gently until sugar has dissolved and then boil rapidly for about 5 minutes, or until mixture turns pale golden brown. Add the almonds which have been toasted in the oven. Pour on to a well-buttered baking sheet and, when cold, crush finely.

Whisk enough cream to fill the mould which is to be used. Fold in the stiffly whisked egg whites. Divide cream into 2 basins—flavour one with vanilla and the other with the chocolate. Add caster sugar to taste. Put a layer of vanilla cream in the mould then a layer of the chocolate cream and between each layer sprinkle some crushed caramel. Continue until mould is full and freeze for about 2 hours. *For 4-6 persons.*

**Bombe Nero**—see page 147.

## Boodles Club Oranges

*oranges*

*6 ounces sugar*

*½ pint water*

Peel number of oranges required—one for each person. Dip in boiling water for a minute or two—and remove the pith. Cut the orange peel into very fine julienne and blanch for 8 minutes in boiling water.

Dissolve the sugar in the water then add the orange peel. Boil until the sugar caramelizes—turns golden brown. Cool.

When cold, cut the oranges into thin rounds and pour over the syrup and orange julienne. Chill.

## Brandy Meringue

*6 egg whites*

*12 ounces caster sugar*

*4 tablespoons brandy (approximately)*

*½ pint thick cream*

Whisk egg whites until stiff. Whisk in half the sugar. Fold in remaining sugar carefully. Lastly, using a teaspoon, add as much brandy as the mixture will take without becoming soft. Shape the meringues into ovals using a tablespoon, and place on baking trays lined with rice paper. Dredge tops with caster sugar. Dry out in the coolest oven, for 3-4 hours. Cool before sandwiching together with stiffly whipped cream. *Make 16 to 20 halves.*

## Brown Bread Ice Cream

*1 (8 ounce) brown loaf*

*1 pint milk*

*4 egg yolks*

*6 ounces caster sugar*

*few drops vanilla essence*

*½ pint thick cream*

Cut the top off the loaf of bread and remove all inside crumbs, taking care to leave crust intact. Rub crumbs through a sieve. Dry in a moderate oven until crumbs are crisp and browned but not too dark.

Heat milk to boiling point. Beat egg yolks and sugar until light and honey-coloured. Add milk slowly stirring all the time. Place basin over a pan of hot water and heat until thick enough to coat back of spoon. Remove from heat and cool, stirring occasionally. Add the whipped cream and dried crumbs. Mix well then freeze. Remove from freezer at least twice during the freezing process and beat well. Serve in the loaf. *For 6 persons.*

**Cake with Oranges**—*see page 54.*

**Cake with Pineapple**—*see page 54.*

### **Caledonian Cream**

*1 tablespoon marmalade  
2 tablespoons brandy  
juice 1 small lemon  
1 pint thick cream  
sugar to taste*

Mince or finely chop the marmalade (peel). Add the brandy and lemon juice. Add the cream and whisk until cream is thick. Add sugar to taste and pour into a glass bowl or individual glasses. Chill for at least 1 hour. *For 6 persons.*

† **Cambridge Crème Brûlée**—*see page 20.*

**Caramel of Eggs and Custard**—*see page 145.*

**Caramel of Oranges and Cream**—*see page 99.*

**Caramel Sauce for Ice Cream**

*4 ounces of butter  
10 ounces soft brown (Barbados) sugar  
8 ounces golden syrup  
scant  $\frac{1}{2}$  pint evaporated milk*

Put butter, sugar and syrup in top part of a double boiler. Stir well until smooth looking—about 10 minutes. Remove from heat, beat and add evaporated milk.

The sauce can be used at once or is perhaps better made and allowed to stand for 1 hour and then reheated in the double boiler. *For 8 persons.*

**Chestnuts Mont Blanc**—see page 38.

† **Chocolate Marrée**—see page 116.

**Claret Jelly**—see page 94.

**Cold Coffee Sweet (Emily's best pudding)**

<i>sponge fingers</i>	<i>4 egg yolks</i>
<i>4 ounces butter</i>	<i>2 tablespoons Camp coffee</i>
<i>2 tablespoons sugar</i>	<i>Cream</i>

Butter a straightsided mould and line with fresh soft sponge fingers. Beat the butter and sugar until light and creamy. Add egg yolks, beat well, then add Camp coffee (warmed), beat again, pour mixture into prepared mould and leave overnight.

Turn out and pour over and around whipped cream sweetened and flavoured with coffee.

Add more or less coffee according to taste. *For 4-5 persons.*

**Cold Lemon Soufflé**—see page 147.

**Crêmes Glacées Tutti Frutti**—see page 123.

**Fruit Sorbet**

<i>1½ pounds fruit (preferably strawberries and raspberries)</i>	<i>grated rind and juice of 1 orange</i>
<i>4 ounces sugar</i>	<i>1 liqueur glass brandy (optional)</i>
<i>½ pint water</i>	
	<i>2 egg whites</i>

Rub the fruit through a nylon or hair sieve to make about  $\frac{1}{2}$  pint purée. Put the sugar, water, orange rind and juice into a saucepan. Stir over low heat until sugar has completely dissolved. Bring to boiling point and without stirring boil briskly for 10 minutes. Strain and leave to cool.

Mix purée and syrup. Pour into freezing tray and partly freeze. Add the stiffly whisked egg whites and brandy, if used. Freeze until firm, stirring occasionally to make a smooth consistency. Serve in tall glasses with home-made biscuits.  
*For 4-6 persons.*

† **Gala Meringue**—see page 145.

**Iced Pears Surprise**—see page 147.

**Jelly Crème de Menthe**—see page 15.

**Jelly Iced**—see page 118.

**Junket and Cream**—see page 76.

**Lemon Mousse**

<i>3 eggs, separated</i>	<i>2 tablespoons water</i>
<i>5 ounces caster sugar</i>	<i>½ pint thick cream</i>
<i>juice and grated rind of 2 lemons</i>	<i>lemon slices or crystallized lemon</i>
<i>½ ounce powdered gelatine</i>	

Whisk the egg yolks and sugar together in a large bowl. Add the lemon juice and continue whisking until mixture turns white and thickens.

Dissolve the gelatine in the water in a bowl over a pan of hot water—cool slightly. Whisk into lemon mixture. Whisk egg whites and lemon rind until stiff. Fold into lemon mixture with half the whipped cream. When thoroughly incorporated pour into a glass bowl previously rinsed with cold water. Leave to set. Decorate with rest of cream and lemon slices or crystallised lemon. *For 4 persons.*

**Macedoine of Fruits**—see page 90.

### **Maple Parfait**

*8 egg yolks  
scant  $\frac{1}{2}$  pint (8 fluid ounces) maple syrup  
1 pint thick cream*

Whisk egg yolks in a large bowl until light and creamy. Add the maple syrup. Place the bowl over a pan of hot water. Stir constantly until mixture thickens. Whisk until cold. Whip cream lightly and fold into mixture. Pour into a glass bowl or small glasses. Serve cold. *For 6-8 persons.*

**Morello Cherries in Marsala**—see page 9.

### **Normandy Cream Hearts**

*$\frac{1}{2}$  pint thick fresh cream  
2 egg whites  
green leaves or fern for decoration  
fresh thin cream, to serve  
fresh strawberries and raspberries*

For this sweet you will need a special heart-shaped wicker basket lined with new muslin. Or use a pierced earthenware or metal mould, or even a small tin or carton pierced with holes.

Whisk the cream until thick. Whisk the egg whites to a stiff white snow. Fold egg whites carefully into the cream using a spatula or metal spoon. Fill the lined mould with the cream mixture and press into the shape of the mould. Fold the muslin over the cream. Stand the mould on a trivet or wire rack over a plate, so the cream can drain. Chill for several hours.

Turn the cream out onto a glass platter lined with a few washed leaves or fern. Serve with fresh thin cream, soft white sugar and the fruit. *For 4 persons.*

**Open French Tart**—see page 116.

† **Orange Jelly**—see page 57.

### Orange Sauce with Ice Cream

<i>orange peel</i>	$\frac{1}{2}$ pint water
<i>sugar syrup</i>	Cointreau
<i>4 ounces sugar</i>	<i>golden or maple syrup</i>

Shred the orange peel and boil in a sugar syrup until soft. Soak overnight in Cointreau. Make a little syrup with a tablespoonful of Golden or Maple and water and add about  $\frac{1}{2}$  ounce butter. Let cool and add the peel.

Double the above quantity if required to serve in a sauce boat as well as on ice cream.

### Orange Sorbet

SYRUP :	water
<i>7½ ounces sugar</i>	<i>3-4 large oranges</i>
	<i>6-7 sugar cubes</i>
ITALIAN MERINGUE:	<i>4 tablespoons water</i>
<i>4 ounces sugar</i>	<i>2 egg whites</i>

Syrup : put the sugar into a measure and add enough cold water to make 1 pint altogether. Pour into a saucepan and heat slowly until sugar melts. Bring to the boil and, without stirring, simmer gently for 20 minutes. Cool.

Meanwhile wash and dry the oranges. Rub the skins with sugar cubes to extract the oily essence. Put them aside. Squeeze the juice from the oranges and sieve. There should be  $\frac{1}{2}$  pint juice. Add the impregnated sugar cubes.

When syrup is quite cold make the Italian meringue. Dissolve the sugar and water slowly in a small pan over low heat. Raise heat to make syrup bubble but do not stir. The syrup is ready when a little of it dropped into cold water forms a firm ball ( $445-450^{\circ}\text{F}$ ). While this syrup is boiling, whisk egg whites to a firm white snow. Slowly pour the syrup into them whisking all the time. Whisk until all the syrup has been used and the mixture is firmish.

Have ready a large bowl which has been chilled in the refrigerator. In it blend the first syrup and fruit juice having first stirred the latter to make sure that the sugar cubes have dissolved. Add the cold meringue. Using a spatula carefully fold the liquid up and over the meringue to combine. Pour mixture into refrigerator ice trays or put the bowl into the deep freeze. When the sorbet is half-frozen (mushy) remove and stir to blend the two mixtures together. Finally when sorbet is frozen, cover with foil and store until required.

A lemon, raspberry or strawberry sorbet can be made in the same way. *For 10-12 persons.*

### Pear and Raspberry Ice

4 pears  
4 tablespoons water  
4 tablespoons sugar  
 $\frac{1}{2}$  pint thick cream  
1 tablespoon sugar

1 egg white  
few drops vanilla essence  
raspberry ice cream  
caramel sugar, crushed

## COLD SWEETS

Peel pears. Do not core but leave whole with stalks on. Stand upright in a thick heavy saucepan. Add the water and sugar. Cover and cook slowly over very low heat until tender. Drain and dry in a clean cloth.

Whisk the cream with the sugar and fold in the stiffly whipped egg white and vanilla essence. Lay the pears on a bed of raspberry ice cream in a glass bowl. Coat or pipe the pears with the cream mixture. Sprinkle with crushed caramel sugar.  
*For 4 persons.*

**Pineapple and Iced Cherries**—*see page 54.*

### Pommes Marguerite

6 small cooking apples (preferably rennet)	1 glass calvados (apple brandy)
white wine	blanched almonds to decorate
3 tablespoons apricot jam, sieved	canned apricot halves
	whipped cream, to serve

Remove core from apples and peel carefully. Halve them and place in a large flat saucepan. Add enough wine to just cover. Cover tightly and cook slowly over gentle heat until soft but not mushy. Arrange them in a circle on a flat serving dish. Reduce the wine by half in the saucepan and add the apricot jam and calvados. Cook for another minute or two. Decorate each apple with split almonds in a circle like a daisy. Put a canned apricot in the centre of each. Coat with a thin layer of the sauce and pile whipped cream in the centre. Serve remaining sauce separately. *For 6 persons.*

**Röd-grö**—*see page 3.*

### Sago Cream

2 ounces of sago, washed	sugar to taste
1 pint milk	1 egg

*lemon peel* $\frac{1}{4}$  pint thick cream

Boil the milk and lemon peel. Sprinkle in the sago. Cook gently, stirring occasionally until sago is transparent—about 1½-2 hours. Remove peel. Add sugar to taste. Remove from heat and add beaten egg. Cool then fold in the whipped cream. Pour into a wetted mould and allow to set.

Thin cream may be substituted for thick but cannot be whipped. *For 4 persons.*

**Small Meringues**—see page 144.

### Strawberry Cream Chantilly

1 pound large strawberries	x egg white
4 tablespoons kirsch	$\frac{1}{2}$ pint thick cream
sugar to taste	flaked, toasted almonds
6 tablespoons redcurrant jelly	sablé or Tuiles biscuits

Wash and hull the strawberries. Keep 10-12 large ones whole. Slice remainder, pour kirsch over them and sprinkle with sugar to taste. Leave to marinate for several hours.

Heat redcurrant jelly until melted—cook gently for a few minutes. Sieve into a bowl and allow to cool until thick and syrupy. Then dip the whole strawberries into this jelly and leave to set on a wire rack.

When ready to serve: whisk the cream until thick. Whisk the egg whites until stiff and fold into cream. Add the sliced strawberries and their liquid. Pile into a glass bowl. Decorate with spikes of flaked, toasted almonds and pile whole jellied strawberries like a crown in the centre.

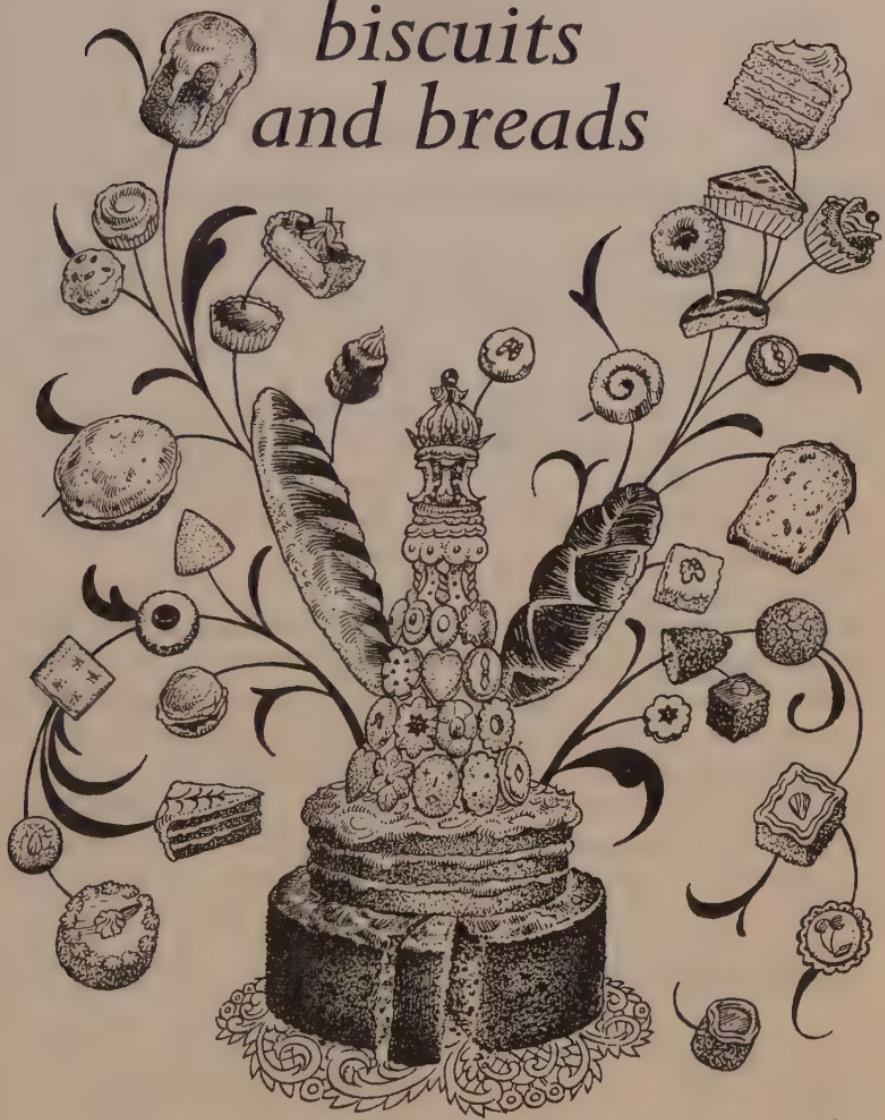
Serve with sablé or Tuiles biscuits or shortbread. *For 4-6 persons.*

**Strawberry Mash**—see page 139.

**Syston Iced Pudding**—see page 29.

**Tangerine Jelly**—see page 90.

# Cakes, biscuits and breads





## Cakes, biscuits and breads

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In the following recipes where no indication is specifically given as to the type of flour to use—use plain or self-raising.

### Blériots

5 ounces new almonds, crushed fairly coarsely	3 ounces butter, melted
11 ounces granulated sugar	2 eggs
few drops vanilla essence	1 wineglass water
	1 ounce flour

Mix together dry ingredients, make a well in centre and add the eggs, butter, water and vanilla essence. Gradually work together. Let stand for 12 hours. Butter baking trays and put mixture into a piping bag with a  $\frac{1}{4}$ -inch plain nozzle. Pipe into short lengths and bake in a fairly hot oven, 375°F or Gas Mark 5, until pale golden brown. Let rest for 2 minutes. Remove from trays with a very thin spatula. Cool preferably on marble. *For about 20 biscuits.*

### Brandy Snaps

4 ounces flour	4 ounces golden syrup
4 ounces butter	$\frac{1}{2}$ teaspoon ground ginger
4 ounces sugar	Juice of $\frac{1}{2}$ lemon
Whipped cream sweetened and flavoured with brandy or vanilla.	

Melt sugar, butter and syrup. Add the flour, ginger and lemon. Stir well and put out on a well greased baking sheet, in teaspoonfuls, 6 inches apart. Bake in a moderate oven, 375°F or Gas Mark 5, till golden brown. Leave for a few moments to cool, then roll up over the thick handle of a wooden spoon. If desired, fill with whipped cream.

**Brioches**—see page 40.

**Brown Flour Biscuits**—see page 49.

**Burnt House Cake**—see page 63.

### Butter Sponge Cake

2 ounces butter, melted and cooled	2 teaspoons vanilla essence
4 eggs, separated	pinch of salt
4 ounces + 2 tablespoons caster sugar	3½ ounces plain flour

Prepare a deep round 10-inch cake tin or use 2 smaller sandwich tins: butter them and then sprinkle with equal quantities of flour and sugar mixed.

Put the 4 ounces of sugar in a large bowl with the egg yolks and vanilla. Set bowl over a pan of hot water and whisk until pale yellow in colour. Remove from pan. Whisk egg whites and a pinch of salt until soft peaks are formed. Add the 2 tablespoons caster sugar and whisk again until stiff. Fold the egg whites and sieved flour alternately into egg yolk mixture. When thoroughly incorporated carefully fold in the melted butter. *Do not over mix*—it is essential that the egg whites retain as much volume as possible. Pour mixture into prepared tins, tilting tin to spread mixture evenly. Bake in a moderate oven, 350°F or Gas Mark 4, for 20-30 minutes. The cake is done when it is lightly browned, shrinks from the sides of the tin and does not leave the mark of the fingertip when pressed lightly

in the centre. Allow cake to cool for a few minutes before turning out on to a cake rack. Cool completely. The sponge cake may be iced or filled and iced.

† **Cairo Water Biscuits**

*8 ounces plain flour  
pinch salt  
2 ounces butter  
milk and water, as required*

Sieve flour and salt into a basin. Rub in butter. Mix to a soft dough with milk and water. Allow to stand for 30 minutes. Roll out as thinly as possible on a floured board. Prick all over and cut in small rounds. Bake on a slightly floured baking sheet in a fairly hot oven, 375°F or Gas Mark 5, for about 10 minutes or until crisp and pale brown. *For about 3 dozen.*

**Caramel Biscuits**—*see page 58.*

**Caraway Tea Bread**—*see page 48.*

**Cat's Tongue Biscuits**—*see page 8.*

**Chelsea Bun**—*see page 104.*

**Children's Cake (Pistachio)**—*see page 81.*

**Chocolate Cake**—*see page 49.*

**Cinnamon Biscuits**—*see page 87.*

**Cornish splits**

<i>1 teaspoon sugar</i>	<i>1 teaspoon salt</i>
<i>½ ounce fresh yeast or ¼ ounce dried yeast</i>	<i>2 ounces butter</i>
<i>½ pint milk</i>	<i>1 ounce sugar</i>
<i>1 pound plain flour</i>	<i>1 egg, beaten</i>

Blend yeast with 1 teaspoon sugar and  $\frac{1}{4}$  pint of the warm milk. Leave for 10 minutes until mixture sponges and becomes foamy. Sieve flour and salt into a bowl—make a well in centre. Pour blended yeast into this together with butter and sugar melted in remaining warm milk. Beat, then knead well. Continue to knead until lump of mixture leaves sides of bowl. Allow to rise in a warm place until double in size—about 1 hour. Turn on to a lightly floured board and divide into 14-16 pieces. Knead each little ball until smooth and place on a greased baking sheet. Flatten slightly and put to prove for about 20 minutes. Bake in a hot oven,  $425^{\circ}\text{F}$  or Gas Mark 7, for 15-20 minutes.

Paint tops of splits with beaten egg whilst still hot. Serve the splits cut open and filled with jam and thick Cornish cream.

**Crinkles**

<i>4 ounces flour</i>
<i>1 teaspoon baking powder</i>
<i>2 ounces butter, melted</i>
<i>A pinch of salt</i>
<i>Milk</i>

Mix the flour, baking powder, butter and salt in a bowl. Add just enough milk to moisten the mixture and make it cling together. Turn out and cut into rounds with cutter. Bake in a moderate oven,  $350^{\circ}\text{F}$  or Gas Mark 4, take out all the soft part, put the shells back in the oven to crisp just before they are required. If liked, a small quantity of butter may be melted in the shells before serving.

**Devilled Biscuits**—see page 99.

**Dundee Cake**—see page 137.

### Ginger Biscuits

8 ounces plain flour	4 ounces butter
1 tablespoon ground ginger	4 ounces brown sugar
1 teaspoon mixed spice	3-4 tablespoons warmed golden
1 teaspoon ground cinnamon	syrup

Sieve flour with spices. Rub in the butter and add brown sugar. Add sufficient warmed syrup to make a fairly stiff dough. Roll into balls the size of a walnut. Place, well spaced out, on greased baking sheets. Flatten slightly and bake in a moderate oven, 350°F to Gas Mark 4, for 15-20 minutes until lightly browned and crisp. *For 24-30 biscuits.*

**Ginger bread (Winter Cake)**—see page 66.

**Grissini**—see page 36.

### Guards Cake

1 pound plain flour	1 pound stoned raisins
1 teaspoon bicarbonate of soda	8 ounces candied peel
pinch salt	2 eggs
8 ounces butter or margarine	½ pint sour cream
8 ounces sugar	

Sieve flour, bicarbonate of soda and salt into a large bowl. Rub in the butter or margarine until the mixture resembles fine breadcrumbs. Stir in the sugar, raisins and candied peel. Make a well in the centre and add the beaten eggs. Add

sufficient sour cream to form a dropping consistency. Mix well and pour into a greased and lined 9-10 inch square or round cake tin. Bake in a moderate oven, 350°F or Gas Mark 4, until firm to the touch—about 1½-2 hours.

**Lemon Cheese Cake Mixture**—see page 103.

**Macaroons**—see page 146.

**Meringues (Gala and Small)**—see pages 144, 145.

**Orange Jumbles (Biscuits)**—see page 12.

**Panettone (Currant Loaf)**—see page 35.

**Quaker Oat Pyramids**—see page 85.

**Sand Cake (Venus Torte)**—see page 50.

**Scotch Soda Scones**—see page 45.

**Stollen Cake**—see page 48.

**Sweet Gauffrettes**—see page 71.

### **Sweet Oatcakes**

2 ounces medium oatmeal	pinch of salt
2 ounces plain flour	1 teaspoon sugar
pinch bicarbonate of soda	2 ounces butter, softened

Mix oatmeal, flour, soda, salt and sugar together. Add the softened butter. Mix to a dough and roll out into a round. Cut into three-cornered pieces, and cook on a hot girdle until edges curl. Then toast in the oven to crisp them.

**Tuiles Biscuits**—see page 118.

**Vanilla Crescent Biscuits**—see page 116.

### **Walnut Bread**

8 ounces plain flour	4 ounces shelled walnuts, chopped
good pinch salt	
1 teaspoon baking powder	1 egg, beaten
4 ounces margarine	2-3 tablespoons milk
4 ounces caster sugar	grated rind of 1 orange (optional)

Grease and line a loaf tin, approximately 8 by 4 inches. Sieve flour, salt and baking powder into a basin. Rub in the margarine and stir in sugar and walnuts. Add the egg beaten with the milk and orange rind. Mix well adding extra milk if necessary, to form a dropping consistency. Bake in a moderate oven, 350°F or Gas Mark 4, for 1-1½ hours.

### **Walnut Cookies**

3 ounces brown sugar
2 ounces butter
4 level tablespoons flour
1 egg, beaten
4 ounces walnuts, chopped

Beat butter and sugar until white and creamy. Mix in flour, egg and walnuts. Put teaspoonfuls of the mixture on greased baking sheets. Bake in a warm oven, 325°F, or Gas Mark 3, until firm and lightly browned. For 12 cookies.

**Wardley Cake**—see page 50.

**Yeast Cake**

<i>scant <math>\frac{1}{2}</math> pint warm milk</i>	<i>grated rind of 1 lemon</i>
<i><math>\frac{1}{2}</math> ounce dried yeast</i>	<i>4 ounces caster sugar</i>
<i>1 pound plain flour</i>	<i>2 eggs, beaten</i>
<i>pinch of salt</i>	<i>4 ounces sultanas or currants</i>
<i>4 ounces butter</i>	

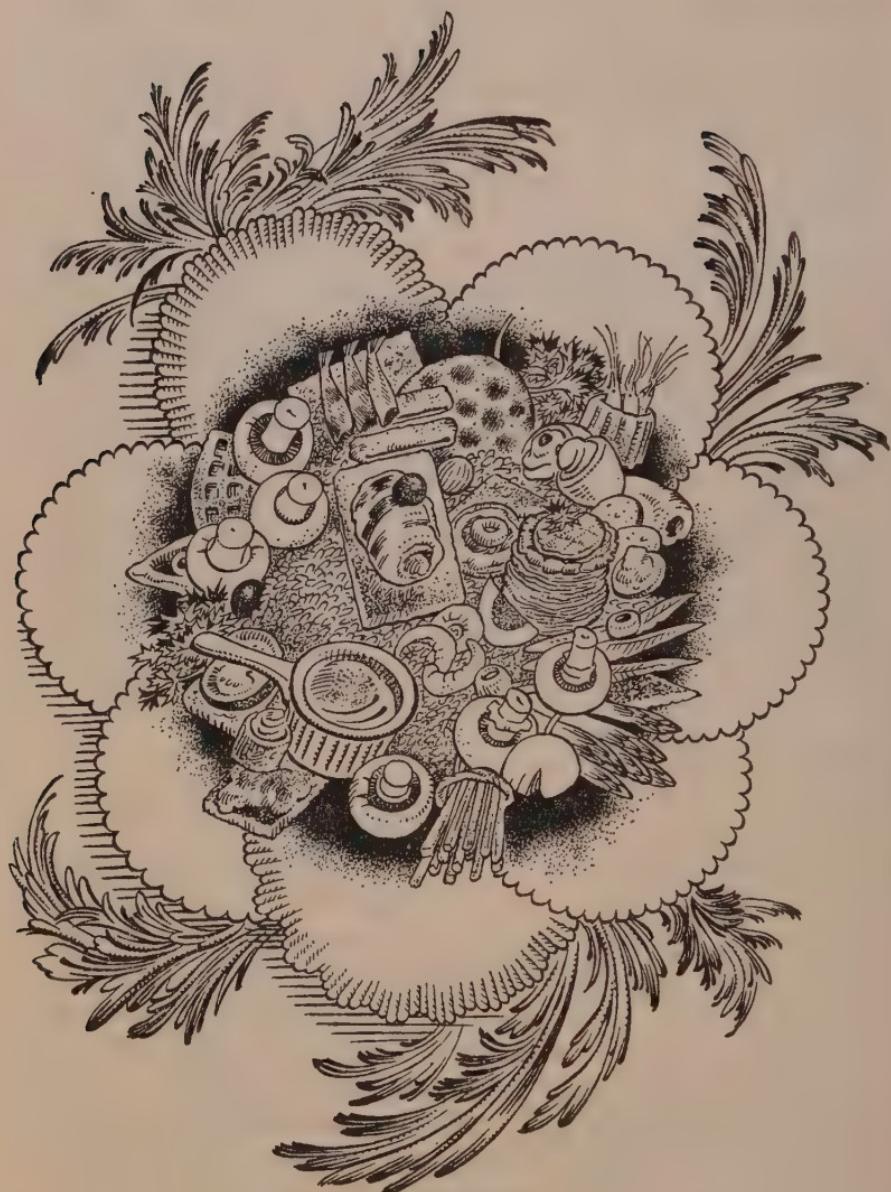
Heat milk until lukewarm. Pour into a small bowl and whisk in yeast and 1 teaspoon of the sugar. Leave in a warm place for 10 minutes until yeast has dissolved and a froth appears. Sieve flour and salt into a bowl. Rub in the butter. Add lemon rind, sugar and fruit. Make a well in the centre and pour in the yeast mixture and eggs. Mix well to a soft dough. Knead thoroughly on a floured board until mixture no longer clings to fingers. Cover and leave in a warm place for 1 hour. Turn out on a floured board and form into a twist. Place on a baking sheet and put to rise again until double in size—about 20 minutes. Bake in a fairly hot oven, 375°F or Gas Mark 5, for 20–30 minutes.

The cake may be glazed with thin glacé icing whilst still hot.

**Yeast Tea Bread**

<i>good <math>\frac{1}{2}</math> pint warm milk</i>	<i>good pinch salt</i>
<i><math>\frac{1}{2}</math> ounce dried yeast</i>	<i>2 ounces butter</i>
<i>1 ounce caster sugar</i>	<i>2 ounce sultanas</i>
<i>12 ounces plain flour</i>	<i>1 egg, beaten</i>

Heat milk until lukewarm. Pour into a small bowl and whisk in yeast and 1 teaspoon of the sugar. Leave in a warm place for 10 minutes until yeast has dissolved and a froth appears. Sieve flour and salt into a warm bowl. Rub in the butter and add sultanas. Add egg to yeast mixture and then pour into centre of dry ingredients. Mix well, adding extra milk if necessary to make a soft dough. Beat well for 10 minutes. Cover and leave in a warm place to rise for  $\frac{1}{2}$ –1 hour. Turn out and knead lightly. Put into a buttered loaf tin and leave to rise again for 30 minutes. Bake in a hot oven, 400°F or Gas Mark 6, for about 20 minutes.



## Savouries



## Savouries

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**Black Plum Savoury**—*see page 103.*

**Bonne Bouche Otello**—*see page 108.*

### Cheese and Bacon Savouries

<i>cheese</i>	<i>fresh white breadcrumbs</i>
<i>streaky bacon</i>	<i>butter for frying</i>
<i>1 egg, beaten</i>	<i>buttered toast or fried bread</i>

Cut a piece of cheese about 2-inches square—not too thick. Roll a piece of streaky bacon around each slice. Dip in beaten egg then in breadcrumbs. Fry in hot butter until golden brown. Drain on absorbent paper. Serve at once on hot buttered toast or fried bread.

**Croûtes de Champignons**—*see page 130.*

**Croûtes de Laitance**—*see page 130.*

**Cutchi (Savoury Custard)**—*see page 85.*

**Gauffrettes (Wafer biscuits with Cheese)**—*see page 132.*

**Risotto**—*see page 37.*

## Savoury Puffs

<i>flaky or puff pastry</i>	<i>little cream</i>
<i>smoked haddock, cooked</i>	<i>pepper</i>
<i>bacon, chopped</i>	<i>beaten egg</i>
<i>hardboiled egg</i>	

Roll out the pastry thinly and cut into rounds using a  $1\frac{1}{2}$ -inch cutter. Mix the fish, bacon and hardboiled egg together. Add enough cream to moisten and season to taste. Put a little of this filling into the centre of the pastry round. Brush the edges with water and place another pastry round on top. Seal and flake the edges. Brush with egg and bake in a very hot oven,  $450^{\circ}\text{F}$  or Gas Mark 8, for 10 to 15 minutes, until golden brown.

Alternative fillings, include—minced curried beef, shrimps moistened with cheese sauce, or chicken, or mushrooms moistened with well-seasoned creamy white sauce.

**Water Biscuits Devilled**—see page 99.

# Jams, preserves and drinks



## *Jams, jellies, preserves and drinks*

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**Barley Water**—see page 124.

**Cocoa Nibs**—see page 84.

**Cut Gooseberry Preserve**—see page 9.

**Cider Cup**—see page 90.

**Frothed Coffee**—see page 40.

### **Home-made Citrus Peel**

*Collect 2 or 3 dozen halves of citrus fruits:*

*oranges, lemons or fresh grapefruits*

*2 good tablespoons common (not iodized) salt to 1 quart cold water*

*4 cups of sugar to 2 cups of water*

*sugar for sprinkling*

Strip out any ragged sectional pith and put peels into salt solution of 2 good tablespoons salt to 1 quart of cold water. Use china or enamelware dish. Peels can be added day by day—but should all be left in the salted water for 10 days to 2 weeks. Turn peels every second day. Finally strain and rinse thoroughly under cold tap to wash all salt away.

Drain and boil very gently in fresh water until just soft

enough to pierce with a skewer. Peels must not be overcooked otherwise they will go to pieces before finished. Drain again and put into syrup made as follows :

Boil the sugar and water until syrup spins a thread when dropped from tip of spoon ( $230^{\circ}\text{F}$ ). Syrup *must* thread. Put peels into syrup and boil 5 minutes. Leave in pan until next day. Lift peels out on to plate, boil up syrup, replace peels and boil 3 minutes. Do this again next day (three times in all). Then lift peels out while still hot on to a large flat china dish, standing them up to retain a very little syrup in each. Syrup over can be re-used for another batch. The drying is sometimes slow, but dish should be placed in sunny window when possible, or in oven barely warm after cooking is done. Drying takes about one week at least and peels should then be sprinkled with sugar and packed in waxed paper in tins.

**Marmalade**—*see page 41.*

### Mint Jelly

2 large handfuls young mint leaves  
½ pint boiling water  
8 ounces sugar  
½ pint water

½ pint vinegar  
1 ounce powdered gelatine  
3 tablespoons young mint leaves,  
finely chopped

Infuse the whole mint leaves in boiling water for 30 minutes. Dissolve the sugar in the second  $\frac{1}{2}$  pint water. Bring to the boil to make a syrup. Add the mint leaves and their water. Mix gelatine with 3 tablespoons cold water and the vinegar. Add to the syrup and melt gelatine over *low* heat. Strain, add the chopped mint and pour into jars. Seal down and store in a cool place.

† **Mulled Claret**—*see page 65.*

**Orange Cordial**—see page 139.

### Orange Preserve

*12 thin-skinned sweet oranges*

*3 pounds loaf sugar*

*½ bottle white wine*

Cut the oranges in thin slices. Remove and discard pips. Put slices in a stewpan, cover with cold water and bring to the boil then pour off the water. Boil gently until slices are tender, add the sugar and cook until slices are clear but not broken. Just before removing from heat add the white wine. Pour into glass jars and seal. The oranges should set in whole thin rounds in a jelly.

### Pickled or Spiced Peaches

*7 pounds peaches*

*½ ounce cinnamon stick*

*2 pints white distilled vinegar*

*1 teaspoon allspice*

*1 ounce cloves*

*4 pounds sugar*

Heat vinegar and spices to boiling point. Add sugar and dissolve. Scald then peel the peaches, the golden yellow thick-skinned varieties—Hale or Cling are best. Ripe peaches may be skinned without scalding. Large peaches should be split and stoned.

Drop the peaches into the boiling liquid. Poach gently until soft—test with a skewer to check that they are cooked through. Lift out into jars. Boil the liquid to reduce a little and pour over the peaches. Seal. Serve with cold meats, ham etc.

**Punch à la Romaine**—see page 118.

**Quince Jelly**—see page 45.

**Raspberry Vinegar**—see page 5.



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## *Index of recipes*

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## *Notes*













